



Directions: Think through these 8 areas of your life. Each wedge contains a scale from 1 to 10, with 1 being “Not at all where I want to be,” and 10 being “I am really happy and fulfilled in this area of my life.” Place a dot on each scale rating yourself where you believe you are right now for each area (8 total dots will be on the lines, one in each wedge). Bring this paper with you to our next session.