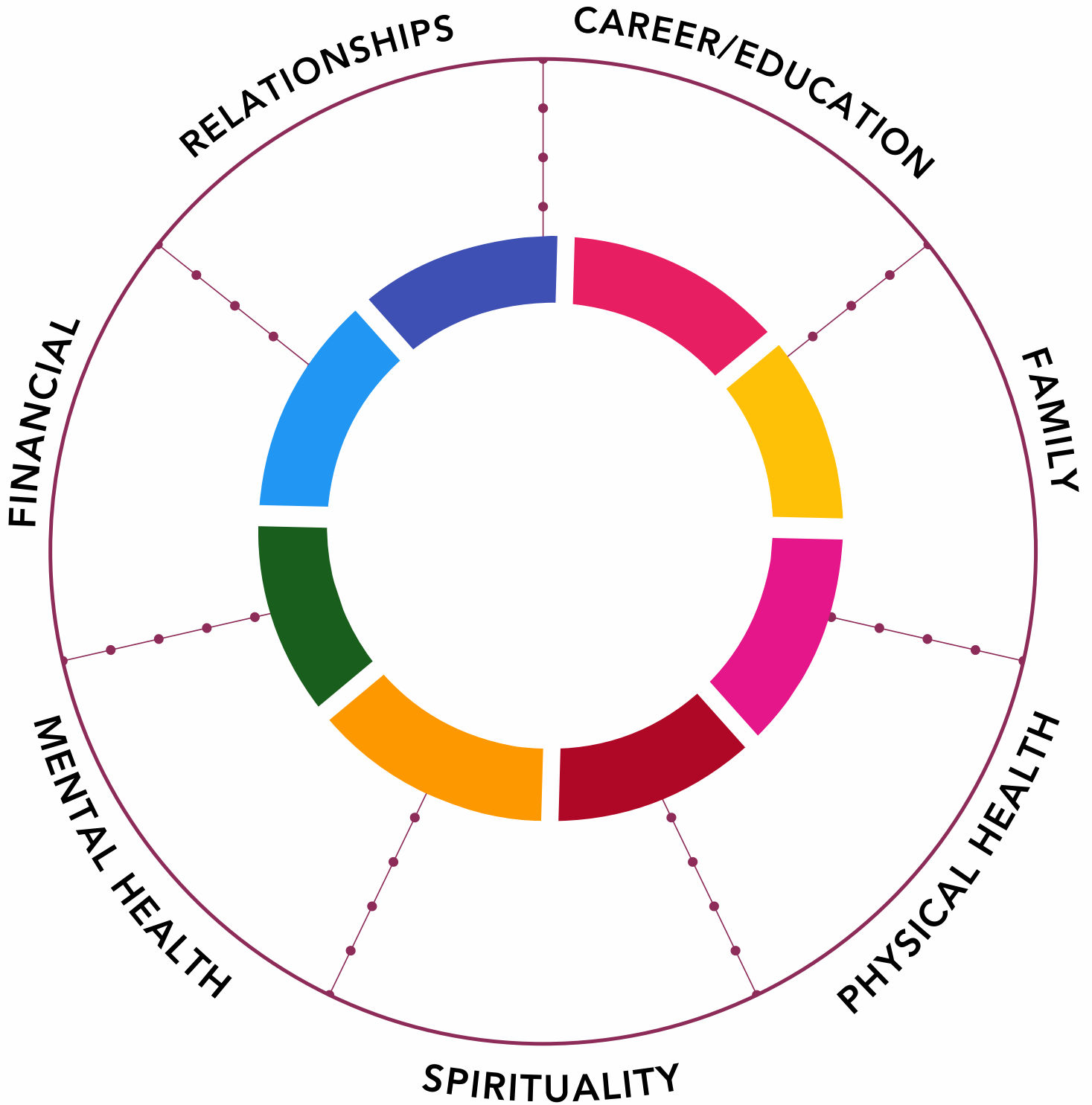
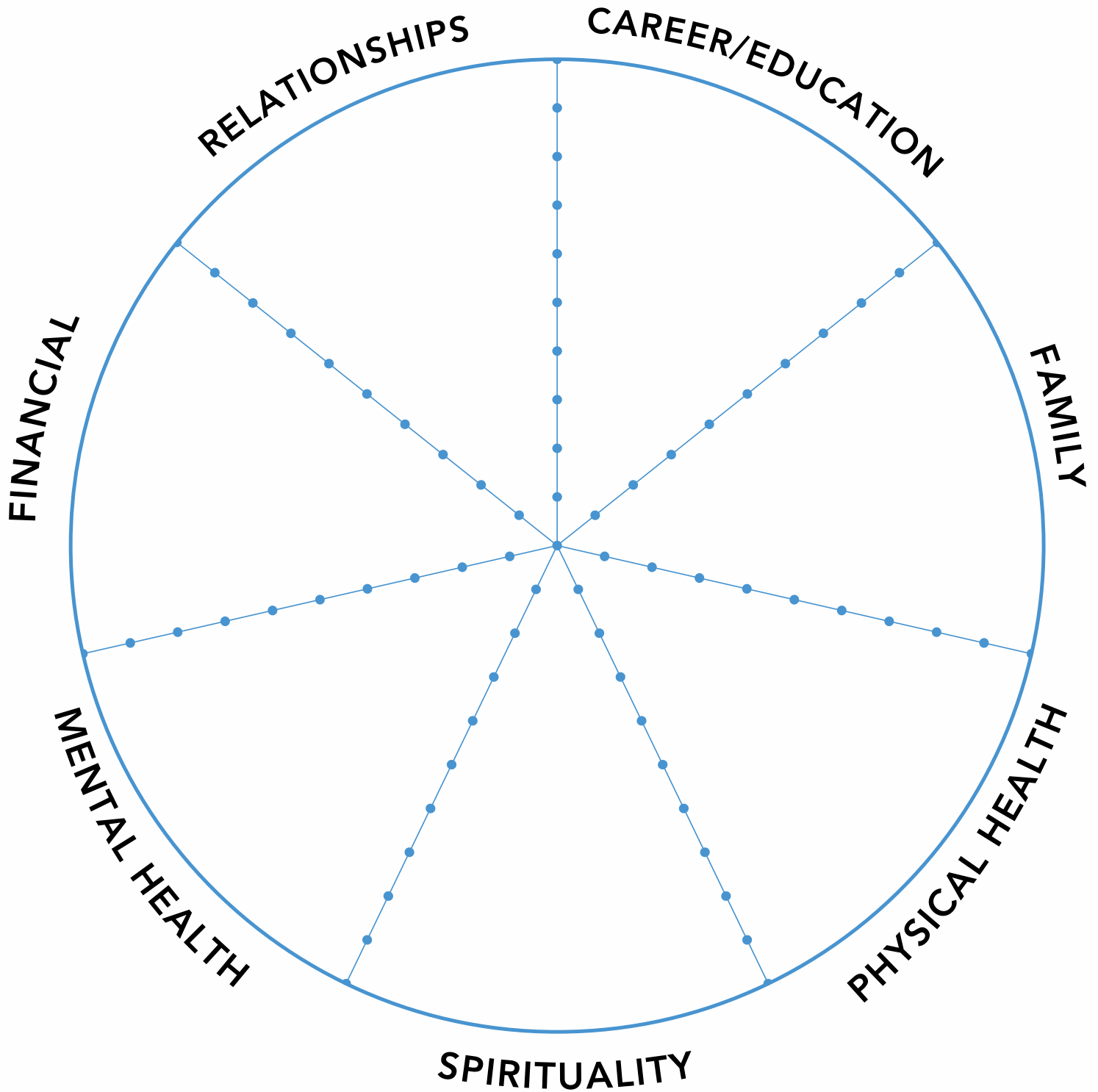


# Life Wheel



# Life Wheel

Think about how satisfied you are with each category. Give them a rating 1-8. See next page for instructions.





















*You've finished the Life Wheel Exercise..YES!!!  
(Self high-five)*

*Now, how do you want to move forward?*

*Consider processing this by talking to someone, journaling, creating a mind map, or voice recording yourself analyzing your thoughts. You may want to talk with a professional. The beauty of this is that it's completely up to you and you can take all the time you need.*

*I wish you the best of luck in your future.*

*Coach Paige*



**TURN THE PAIGE**

ADHD Coaching & Education for the Unique Mind