

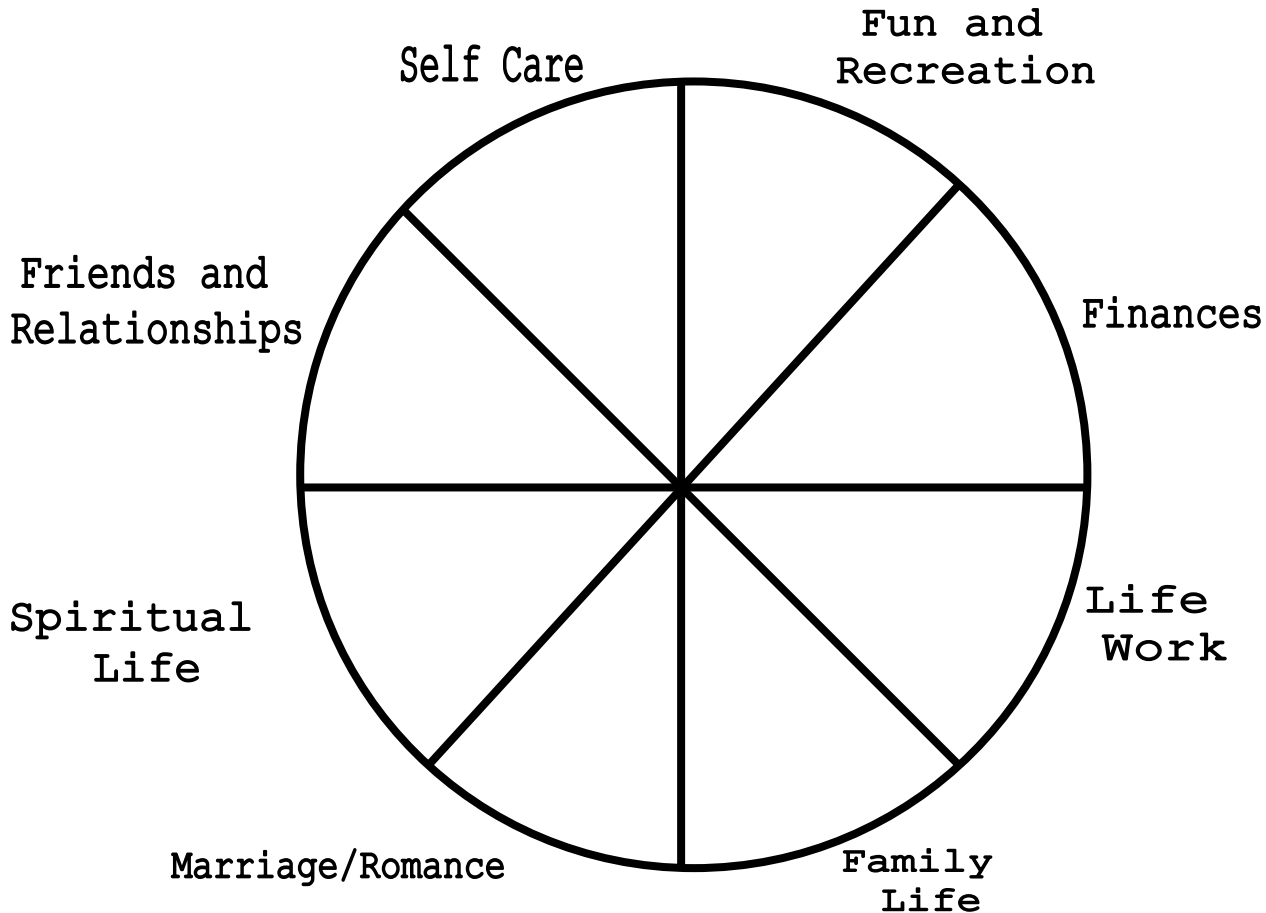
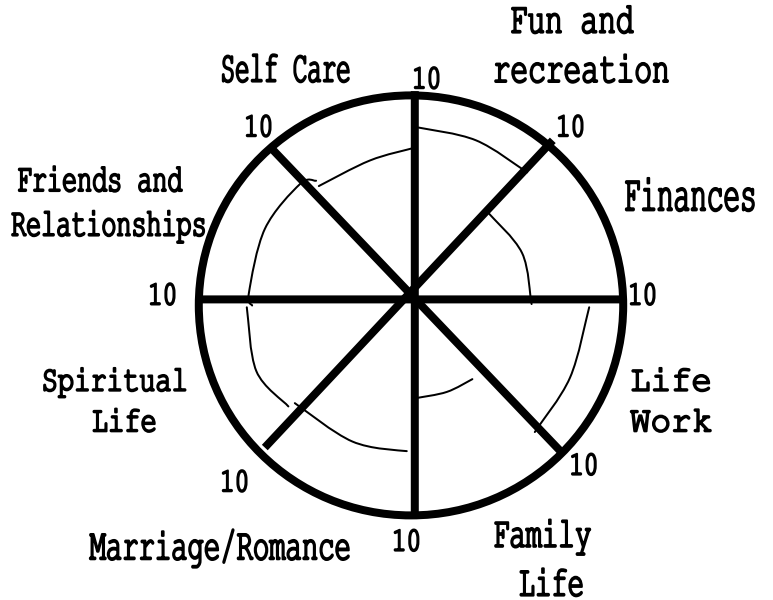
PERMISSION TO EXHALE:
THE INTENTIONAL WOMAN FINDS RELIEF

I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear: I will help you. Isaiah 41:13

Wheel of Life- Inventory

Directions: The 8 sections in the Wheel of Life represent 8 areas of your daily life. With the center of the wheel as 0 and the outer edge as 10, rate your level of satisfaction with each life area by drawing a curved line to create a new outer edge (see example). The new perimeter of the circle represents your unique Wheel of Life at the current time.

Example



What is one thing you learned from your Wheel of Life inventory?