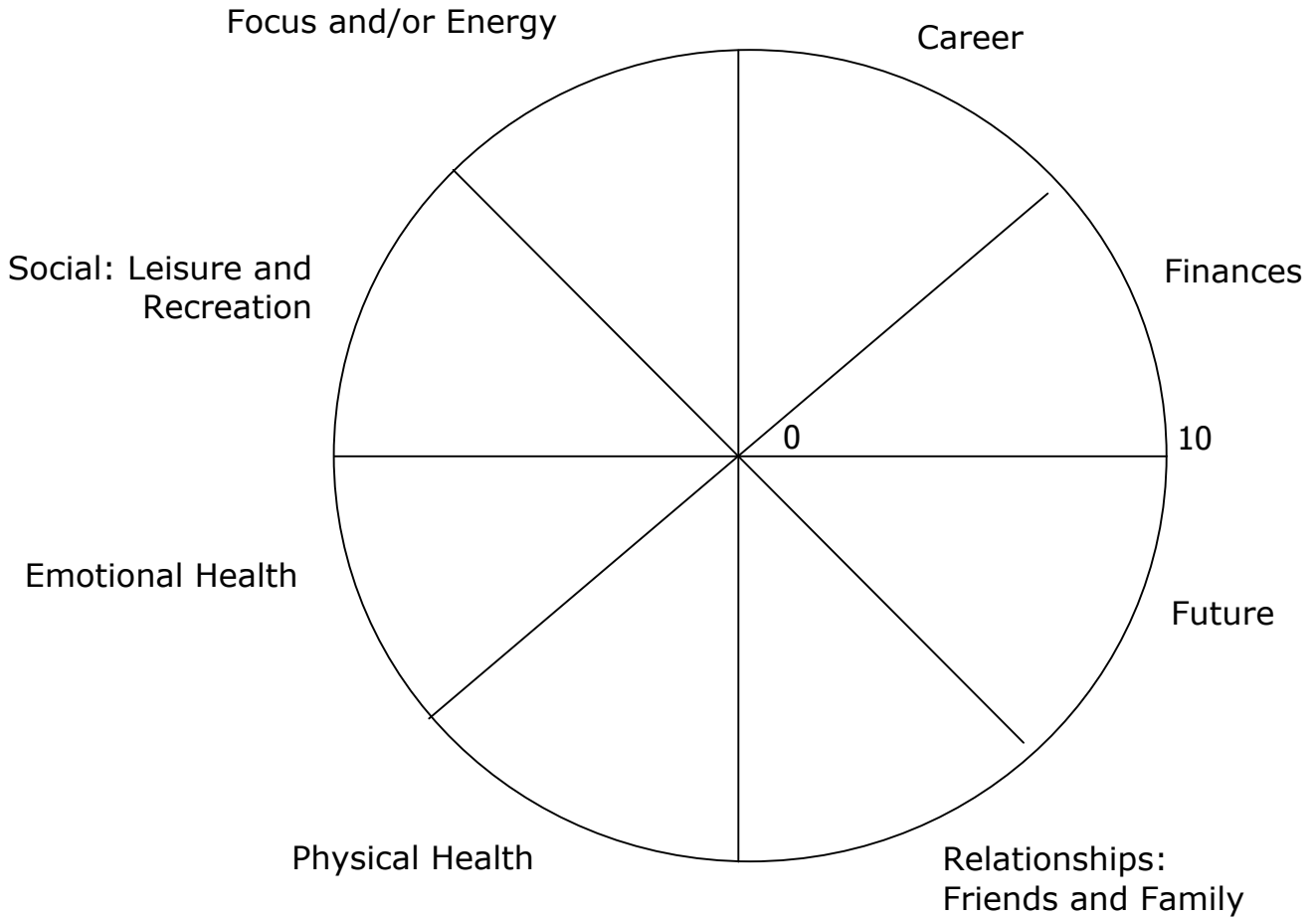




NAME: _____ Email: _____



WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Grief represent balance of where you are right now in your grief journey. This is a difficult journey.

- ☀ Please change, split or rename any category so that it's meaningful and represents your grief experience.
- ☀ Next, taking the center of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- ☀ The new perimeter of the circle represents **your** 'Wheel of Grief'. Is it a bumpy ride? Let's partner together to smooth out this ride. Email me this to me for feedback and insight.

EXAMPLE

