

**Livshjul for** \_\_\_\_\_ **Dato:** \_\_\_\_\_

**Fill out the form based on how satisfied are you right now in these areas on a scale from 0 to 5 (0 = center)**

Use the two blanks to relevant topics

**Set aside time to talk with your partner about your life wheel**

Talk about all topics, or select each some areas where you have marked high and low satisfaction

Think about what you can do to achieve your desired wheel of life, and what can prevent you to achieve it

The diagram is a circular life wheel with 12 segments and 5 concentric rings. The center contains a small logo with the name 'Plaugmann'. The segments are labeled as follows:

- My selfesteem
- Our friendship
- Our love
- Our sex life
- The mood between us
- Equality between us
- Mutual respect
- Shared responsibility for the economy
- Shared responsibility for the household
- My sense of being valuable for my partner
- My faith in a good life together
- My confidence in my partner for the household
- My feeling of happiness
- My contact with family and friends
- My own interests
- My physical well-being
- My ability and my courage to be honest
- My confidence

