

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)

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

