



**RESET**  
KETAMINE

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## The Wheel of Life

**Directions:** Rank your level of satisfaction from 0-10 in each of the below areas in your life by drawing a curved or straight line, to create an outline of the circle. This circle represents your Wheel of Life. Notice how bumpy or smooth it is. Imagine what it would be like to ride in a car with your Wheel of Life. Notice which areas you may want to improve, and start to think about how you might go about doing it!

