



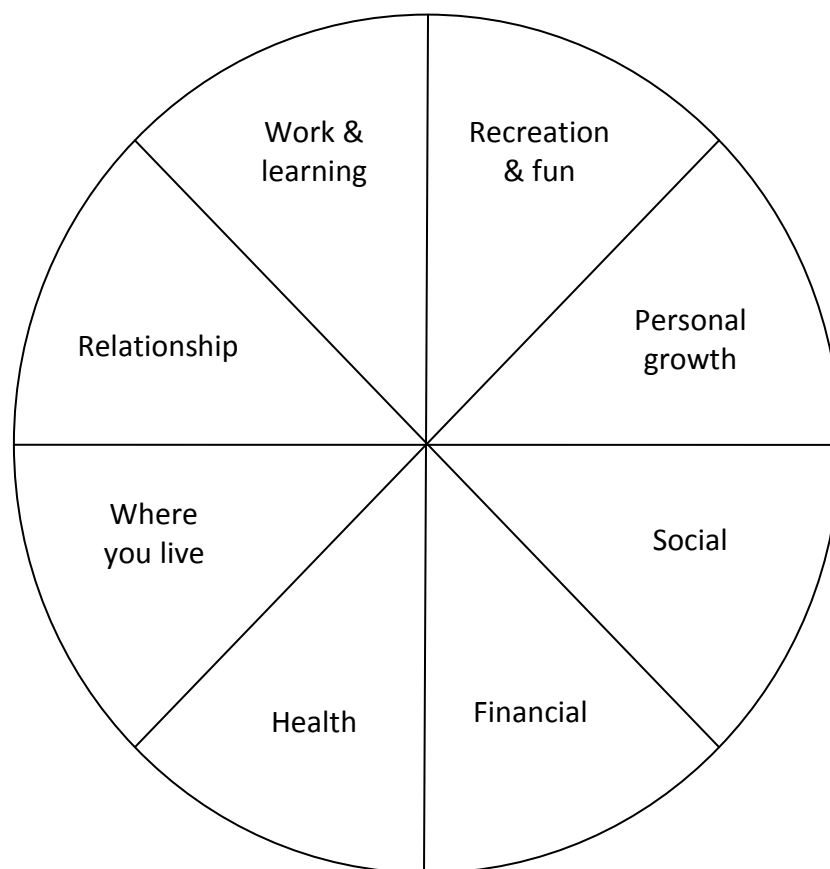
The Wheel of Life

The Wheel of Life is a visual tool which represents the different areas of your life in eight core areas

Consider each section - how satisfied are you with all these areas of your life?

The centre of the wheel is 1 and means you are totally dissatisfied; the outer edge is 10 and represents full satisfaction and achievement.

Decide your degree of satisfaction from 1 to 10 and mark it on the relevant segment.



Where you live - now and in the future
Relationship – current or future life partner
Work & learning – job satisfaction or career path
Recreation & fun – artistic and leisure activities

Financial – savings and investments
Health – exercise and diet
Personal growth – self space and spirituality
Social – family, friends and activities

How balanced is your life?

Which areas make you happy, satisfied and fulfilled?

Which areas do you want to increase your satisfaction in?