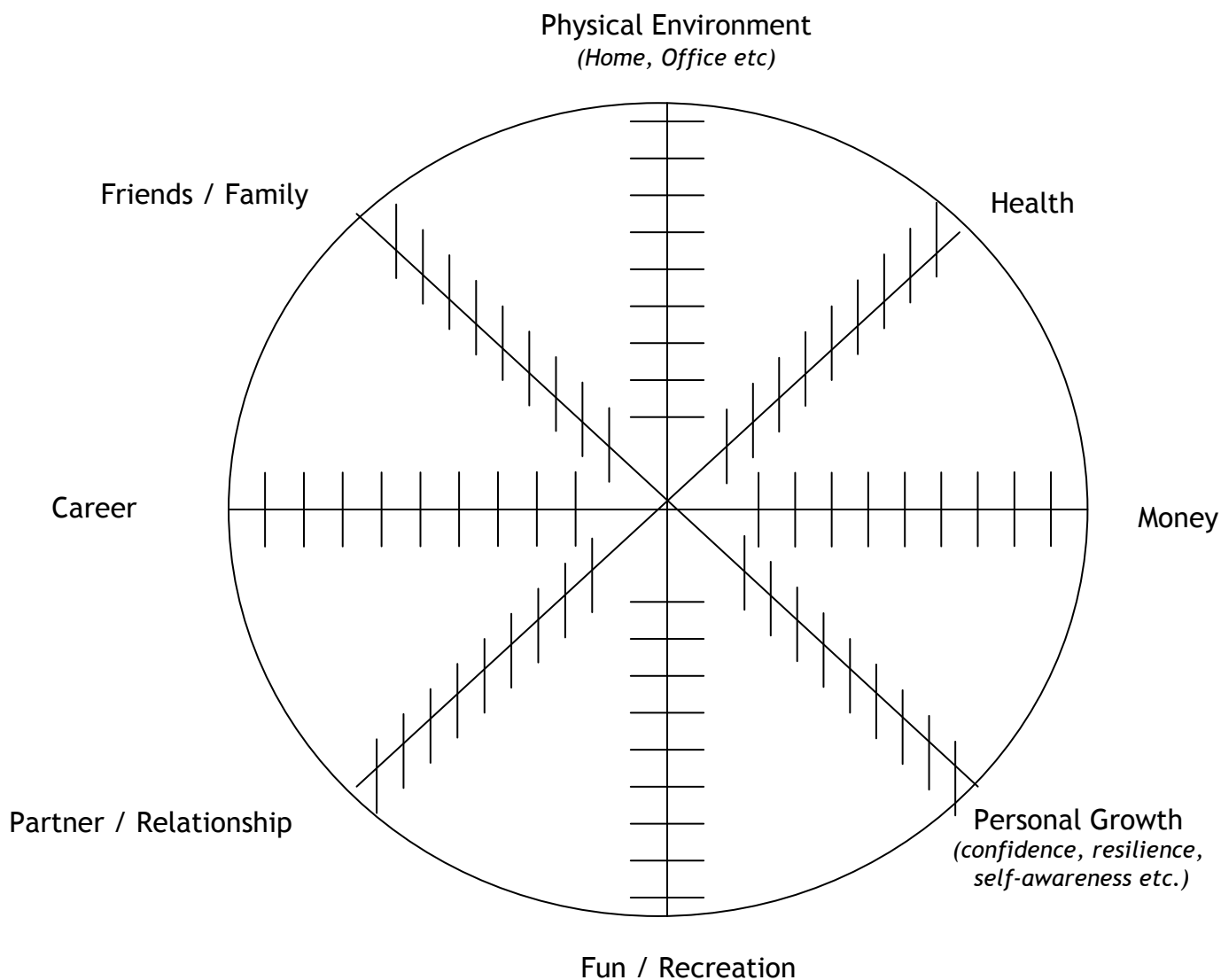


Wheel of Life

This exercise gives you a visual snapshot of the different areas of your life and how balanced / satisfying they currently are. Rank your level of satisfaction with each area of your life by putting a cross on the relevant spoke of the wheel. Take the centre, or hub, of the wheel as 0 (totally dissatisfied) and the outer edge as 10 (totally satisfied). Then join the crosses.



Take each area of your life in turn and jot down some ideas of what you would like to change. Taking CAREER as an example, if you scored lower than a 9, what's missing? Ask yourself: *if I could score 10 on the Career spoke, what would be different from now? What would I be doing? Where would I be working?* This will give you a clearer idea of what you're working towards...

Physical Environment:

Health:

Money:

Personal Growth:

Fun / Recreation:

Partner / Relationship:

Career:

Friends and Family: