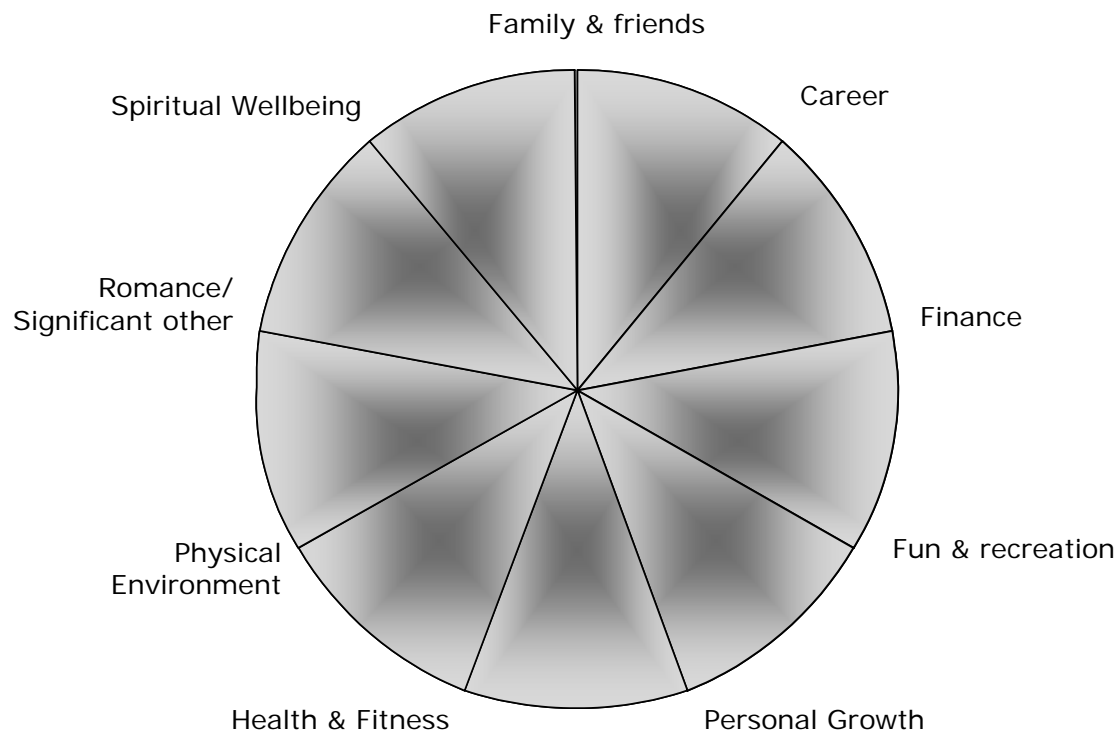


## THE WHEEL-OF-LIFE

- 1) Take a few minutes and think about the different priorities in your life. The wheel's categories below are examples of areas usually selected but you can adapt the wheel to suit your particular interests.

NB: Please go with your instinct/gut feeling rather than analysing. Be completely honest with yourself.

- 2) Ask yourself how content you are with these areas? Then mark each on a scale from 1-10, where 1 is terrible and 10 is excellent. (The very centre of the wheel represents 0 and the circumference represents 10)



- 3) Connecting the different points, how does your personal wheel look like? If the wheels on your car were the same shape, how smooth would the ride be?
- 4) Notice areas that, if improved, would lead you to a more fulfilled and balanced life. What would you like to work on in the next 90days? (*Please select goals you really want not those you think you ought/might want*).

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

