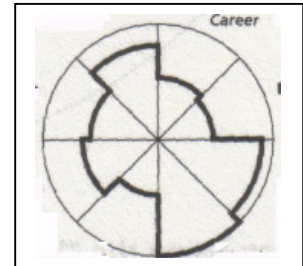


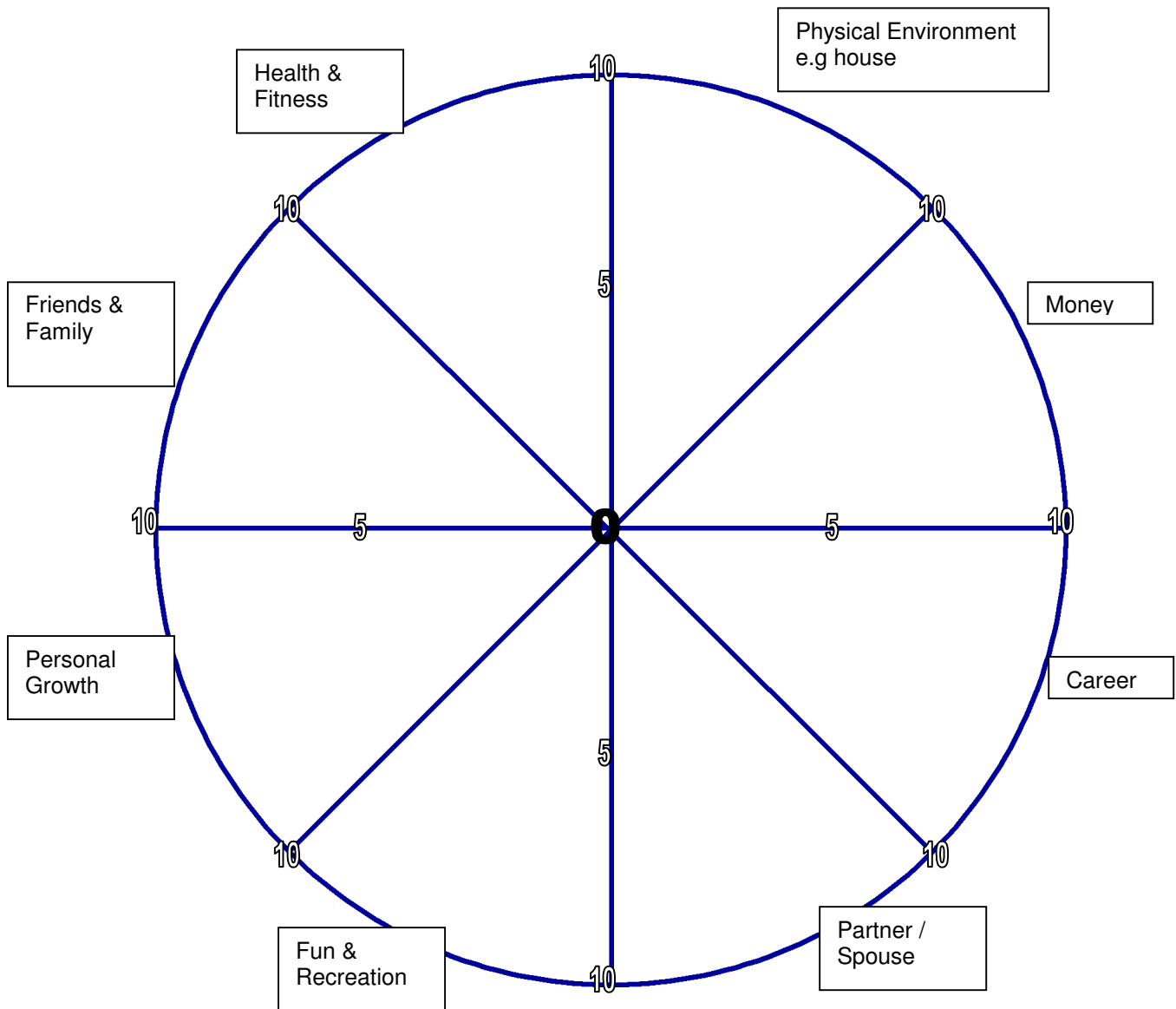
Wheel Of Life

Looking at each of the segments of the wheel below, for each of the topics, ask yourself the question... 'On a scale of 0 to 10, how satisfied am I with this area of my life?' [0 = low, 10=high satisfaction]

With the centre of the wheel as 0 and the outer edge as 10 mark each axis and draw a line to join the points (this will form a new perimeter of the circle which may look quite irregular-shaped! See example to the right).



After you have done this, consider the questions on page 2.



Career

What would make your score a 10?

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Money

What would make your score a 10?

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Physical Environment eg house

What would make your score a 10?

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Health & Fitness

What would make your score a 10?

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Friends & Family

What would make your score a 10?

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Personal Growth

What would make your score a 10?

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Fun & Recreation

What would make your score a 10?

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Partner / Spouse / Relationship

What would make your score a 10?

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