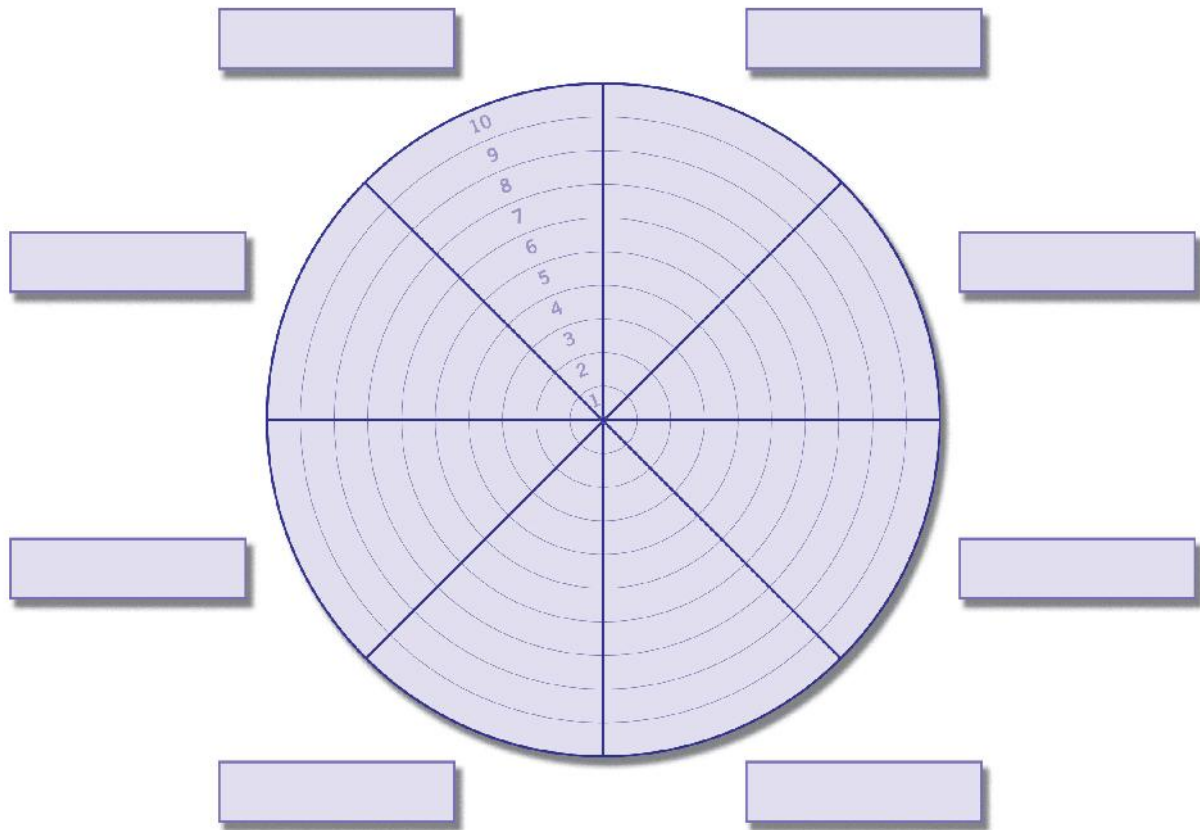


Wheel of Life



Uses:

Sometimes life seems such a muddle and it is difficult to know where to start to make changes. This simple exercise enables you to start to unravel the confusion and gain a new perspective on where to begin.

Instructions:

First pick a label for each of the segments, these could be:

- Physical Environment
- Career
- Money
- Health
- Friends and Family
- Relationship
- Personal development/Learning
- Leisure/fun

Next, rate your current level of satisfaction in each area from 1 to 10, with 1 being completely dissatisfied and 10 being completely satisfied. Shade in the segment to match your score.