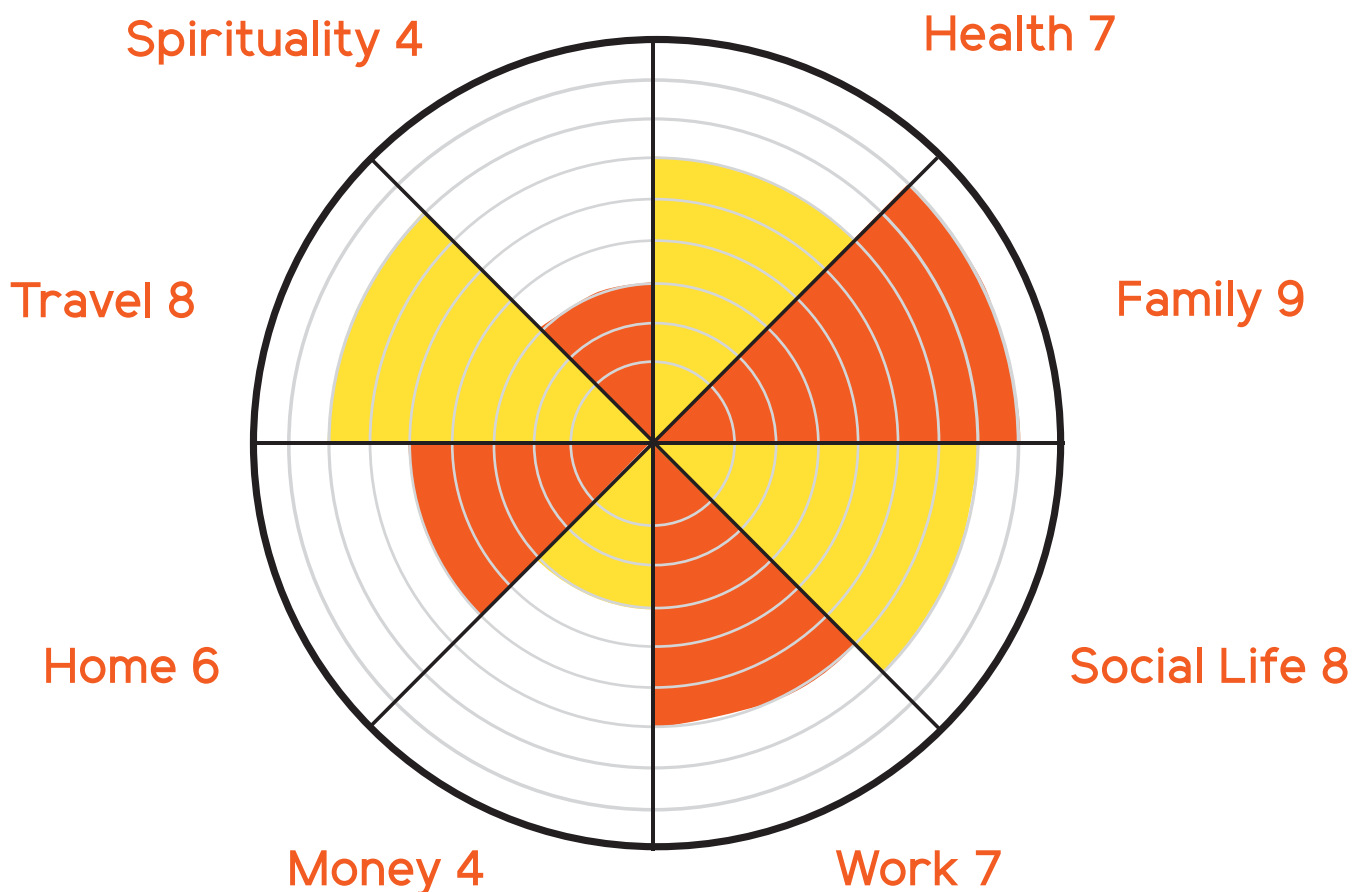


Wheel of Life

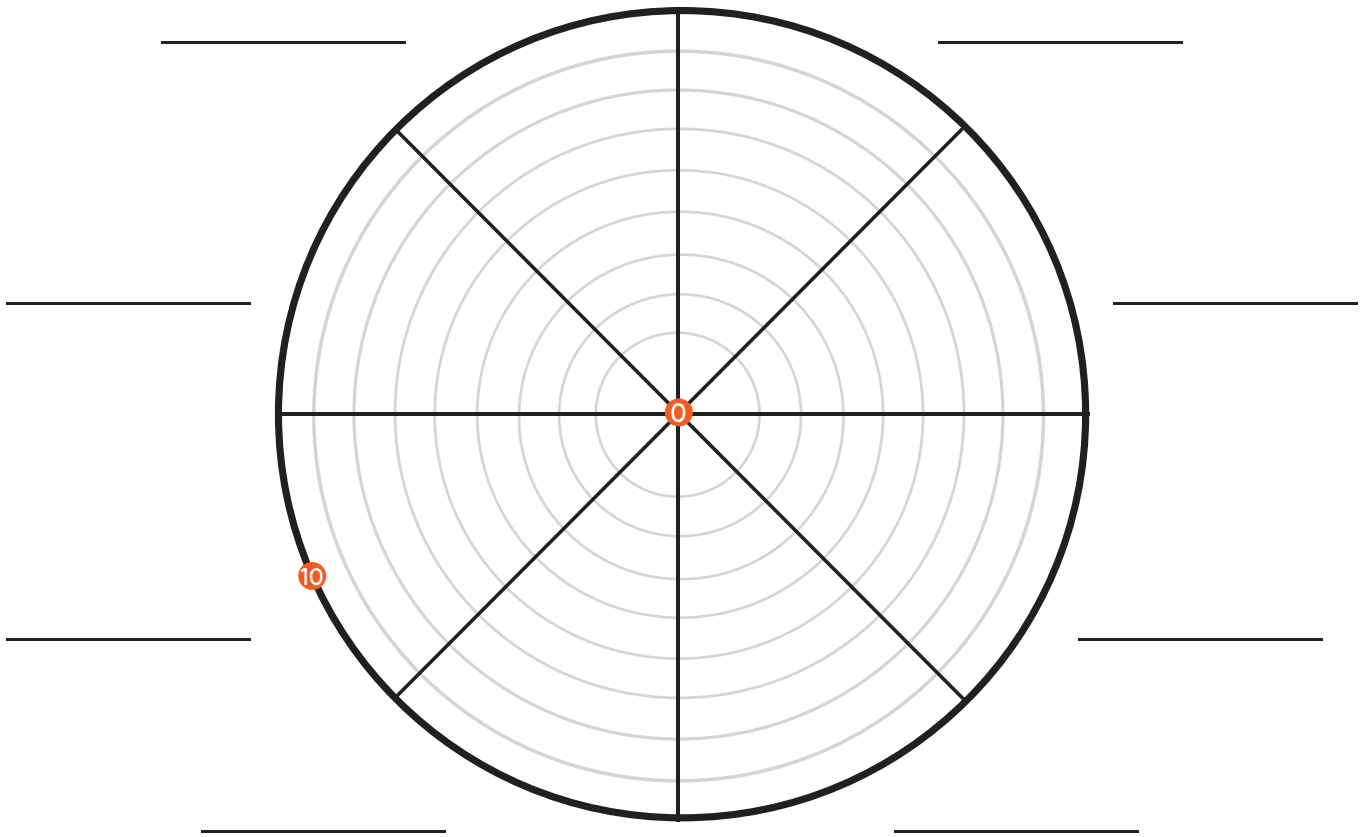
This is a simply yet powerful tool that can help you identify what areas of your life that are not completely working for you.

- Step 1:** Identify the 8 key areas in your life that are important to you.
- Step 2:** Allocate a segment of the wheel to an particular area of your life.
- Step 3:** Score that area from 0 to 10, with 0 being not fulfilled, 10 being incredibly fulfilled.
- Step 4:** Colour in the segment according to the score.
- Step 5:** Complete the questions below.

Example Wheel



My Wheel of Life



Question 1: What does your wheel look like? How do you feel about this?

Question 2: What would it look, feel or sound like for you to be fulfilled in all these areas?

Question 3: For each of the low areas that you scored yourself poorly on, think about what is needed for you to score yourself a 10 in that area. How would it look, feel and sound like for you in reality?

(Hint: Be clear and concise, it can be difficult but the more honest you are the more you will benefit from this exercise).

Area: _____

Area: _____

Area: _____

Area: _____

Wheel of Life

Area: _____

Area: _____

Area: _____

Area: _____
