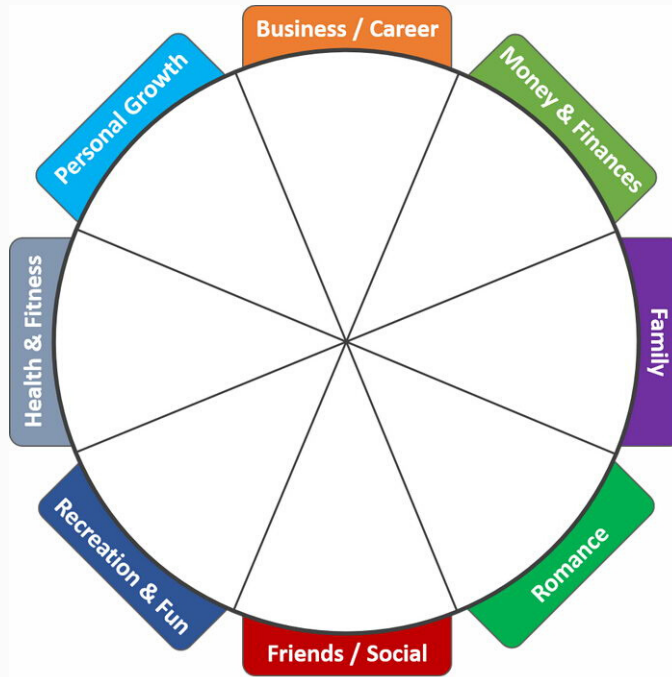


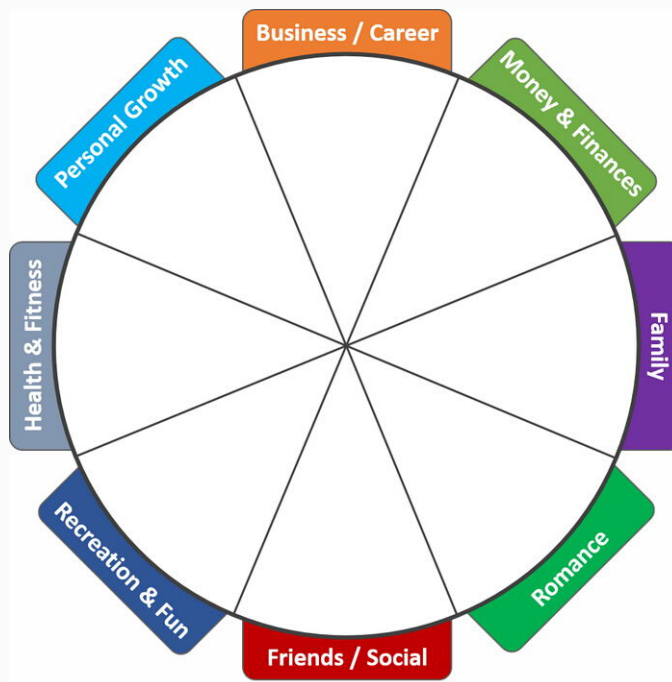
Wheel Of Life



See the 8 categories on the wheel below. Rank your level of satisfaction with each area of your life by drawing a curved line across each segment. The closer your line is to the coloured tab, the higher your satisfaction in this area of your life.



Repeat the exercise but place each line where you would LIKE it to be in your ideal life.



What changes/actions will you need to make to make your ideal your reality?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.