

THE WHEEL OF LIFE

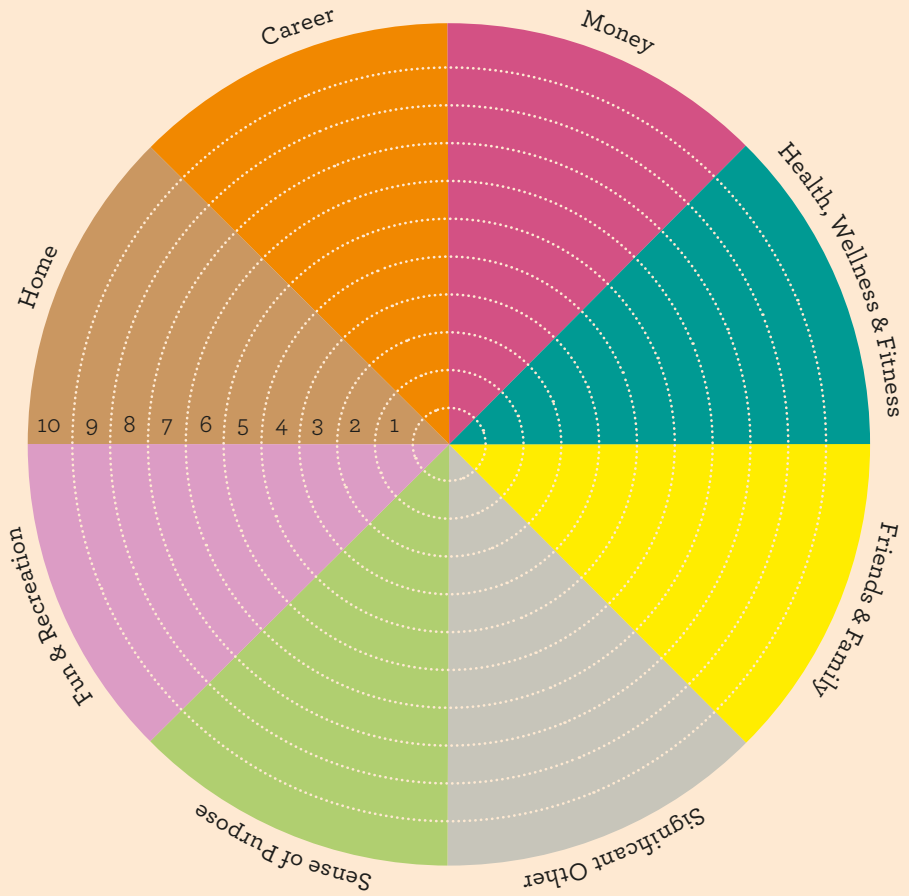
Think about the different areas of your life, and give each one a rating out of ten for the amount of satisfaction you feel with it: 0 being completely dissatisfied, 10 being completely satisfied.

Link up the sections by drawing a line to create a new outer edge and then answer the following questions.

01

Which areas need the most attention?

TIME TO WRITE



02

What does living like this cost you? For example, being truly happy or quality time with your family.

03

Fast-forward five years. If you don't start changing things now, where will you be?

04

When you are 80 or 90 years old and look back on your life, what do you want to be able to say about how you lived it?

05

What is one thing you can do, this week, to improve the score of one of the lowest-ranking sections? Make sure it is specific, measurable and time-related. For example, 'This week I will go for two 30-minute walks in the woods'.