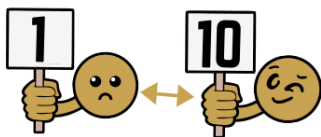


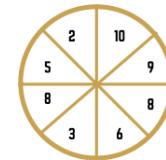
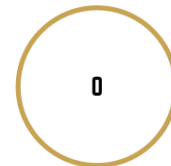
YOUR WHEEL OF LIFE

COMPLETE THE WHEEL

1. **Review the 8 wheel categories** - think briefly about a satisfying life might look like for you in each area.
2. **Next**, draw a line across each segment that represents your satisfaction score for each area.



- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example)



IMPORTANT:

Use the **FIRST** number (score) that pops into your head, not the number you think it should be!

NEXT:

Identify one action for each area, and then pick 1-3 actions to get started based on what you most want to work on

