

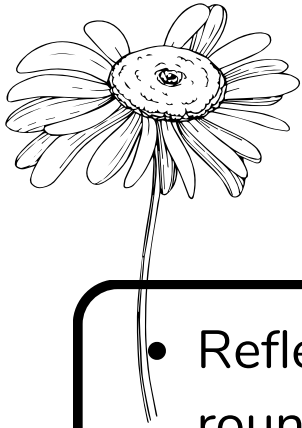
# Wheel of Life



- Select 8 life areas that are relevant to you
- Assign a colour to each life area
- Score each area between 0 & 10 then colour it in to represent how you currently feel

A circular 'Wheel of Life' template. The circle is divided into eight equal segments by four lines intersecting at the center. Each segment has a grey rectangular box at its outer edge for labeling. The inner part of the circle features a scoring scale with concentric dashed lines. A horizontal line across the center is labeled with numbers 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 from left to right, indicating the score for each segment.

# Wheel of Life



- Reflect on your wheel. Is it fairly even all the way round or is it very up and down?
- Choose the three life areas that are most important to you right now
- Note down how you have scored them
- Take one of those life areas and write a vision or goal for it

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- In other words, what would a 10 look and feel like?
- Where haven't you scored as high as you'd like to?
- Can you think of one action you could take today to improve it?
- Repeat the exercise once per month and journal about the changes to your results you notice