



Wheel of Life

Using the wheel on the following page, each spoke of the wheel represents an area of your life.

Use the scale to rate your current level of satisfaction with each area (0 being not satisfied, 10 being extremely satisfied), put a dot on the spoke of the wheel at the score that feels right for you on that life aspect.

Once you've scored all areas, join the dots to see how effectively your wheel would roll (most people result in a pretty bumpy ride!)

Then think ahead to 12 months' time. Again, rate each area as to how you would like to feel in 12 months (by the way - the aim is not necessarily to get 10 in every category). Next to each category, write what that 12-month score would feel like or represent. For example, for Physical environment, you might say "I'll be living in a new home with a backyard. It will be a 10-minute drive from work"

Choose 2 areas which would have the great positive impact on your life and write 2 short term goals for those 2 areas. In other words, what are 2 actions you need to take to drive that 12-month outcome.

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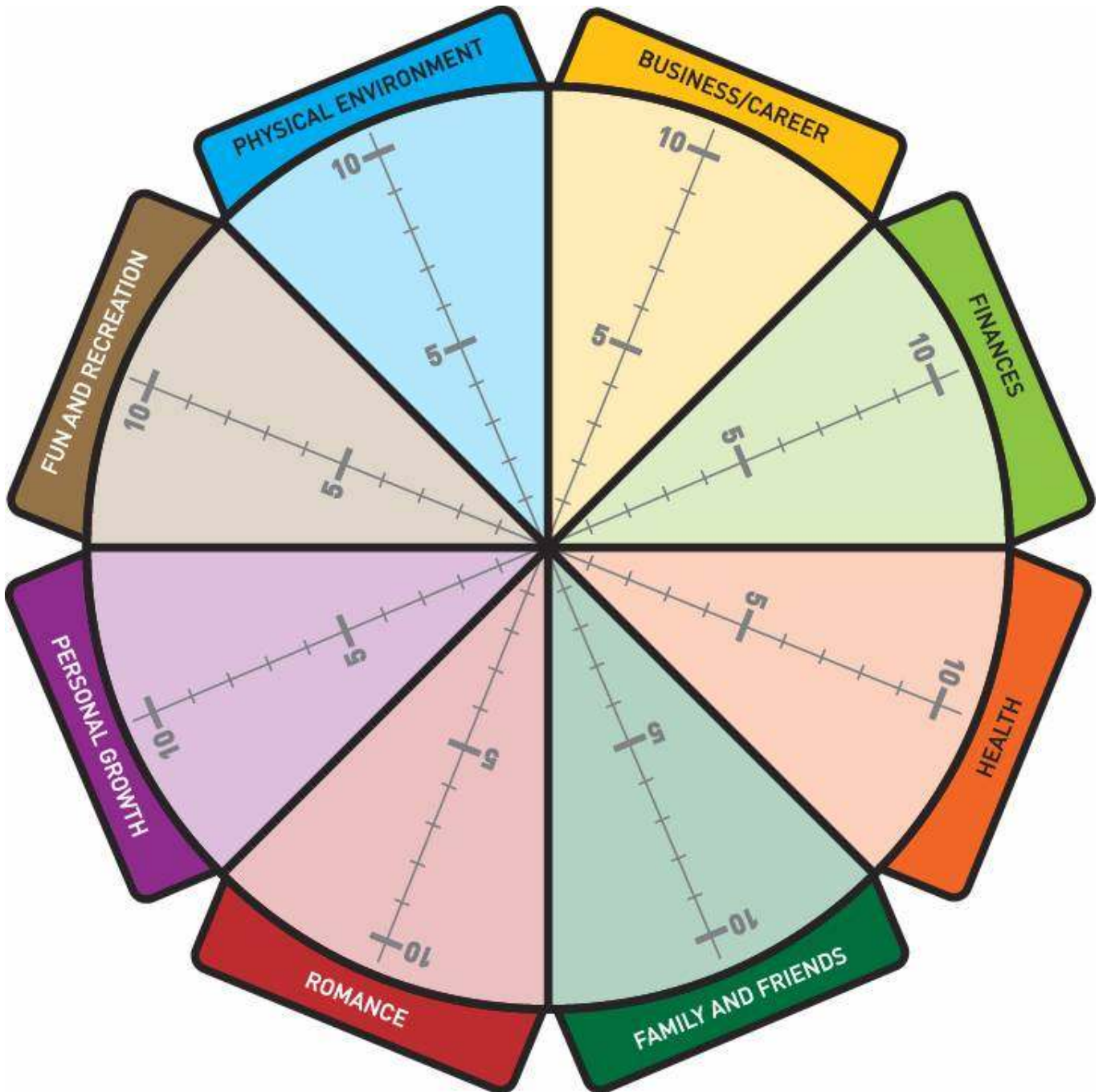
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