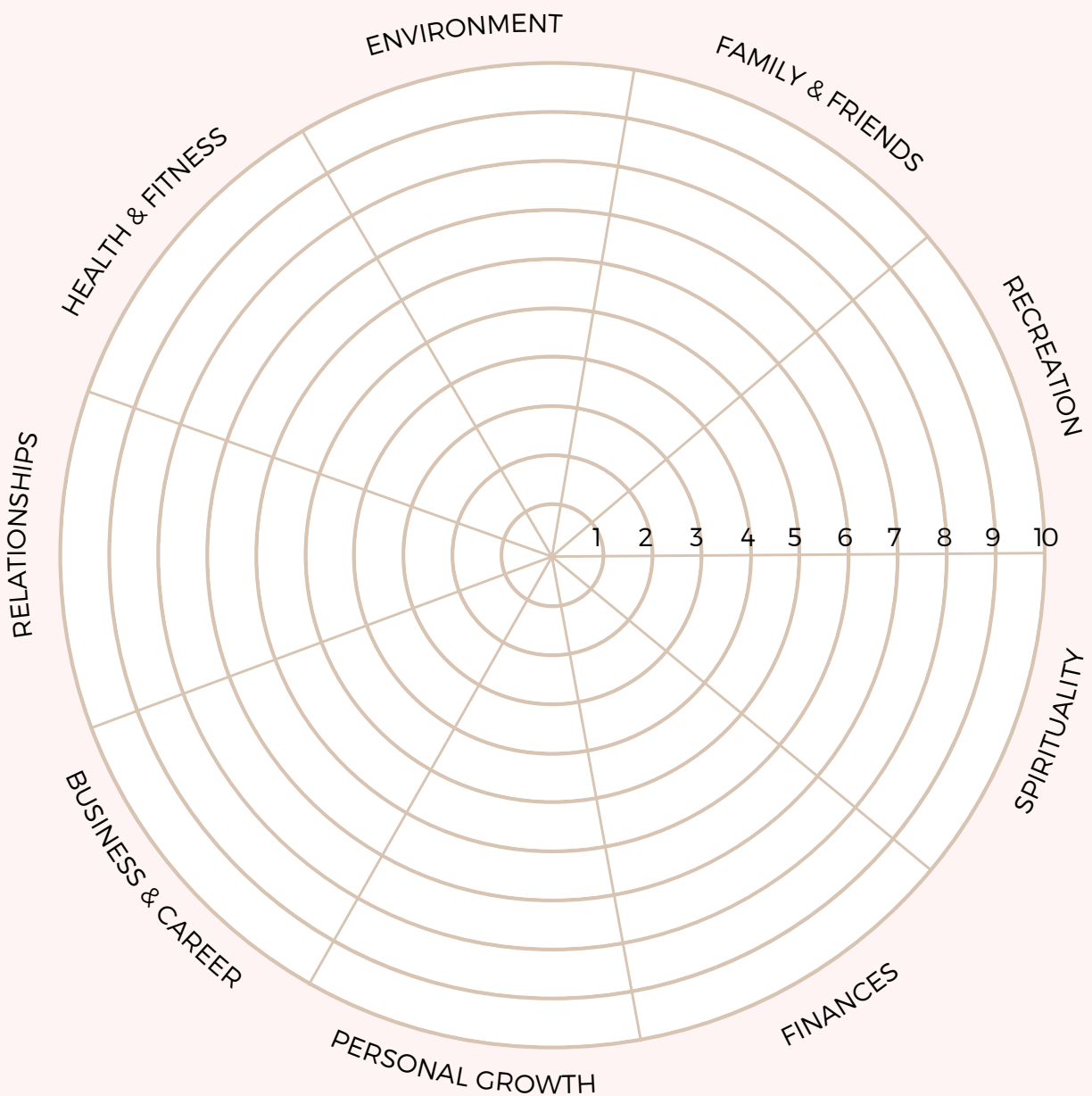


WHEEL OF *life*

Think about the 9 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Wheel of Life map.

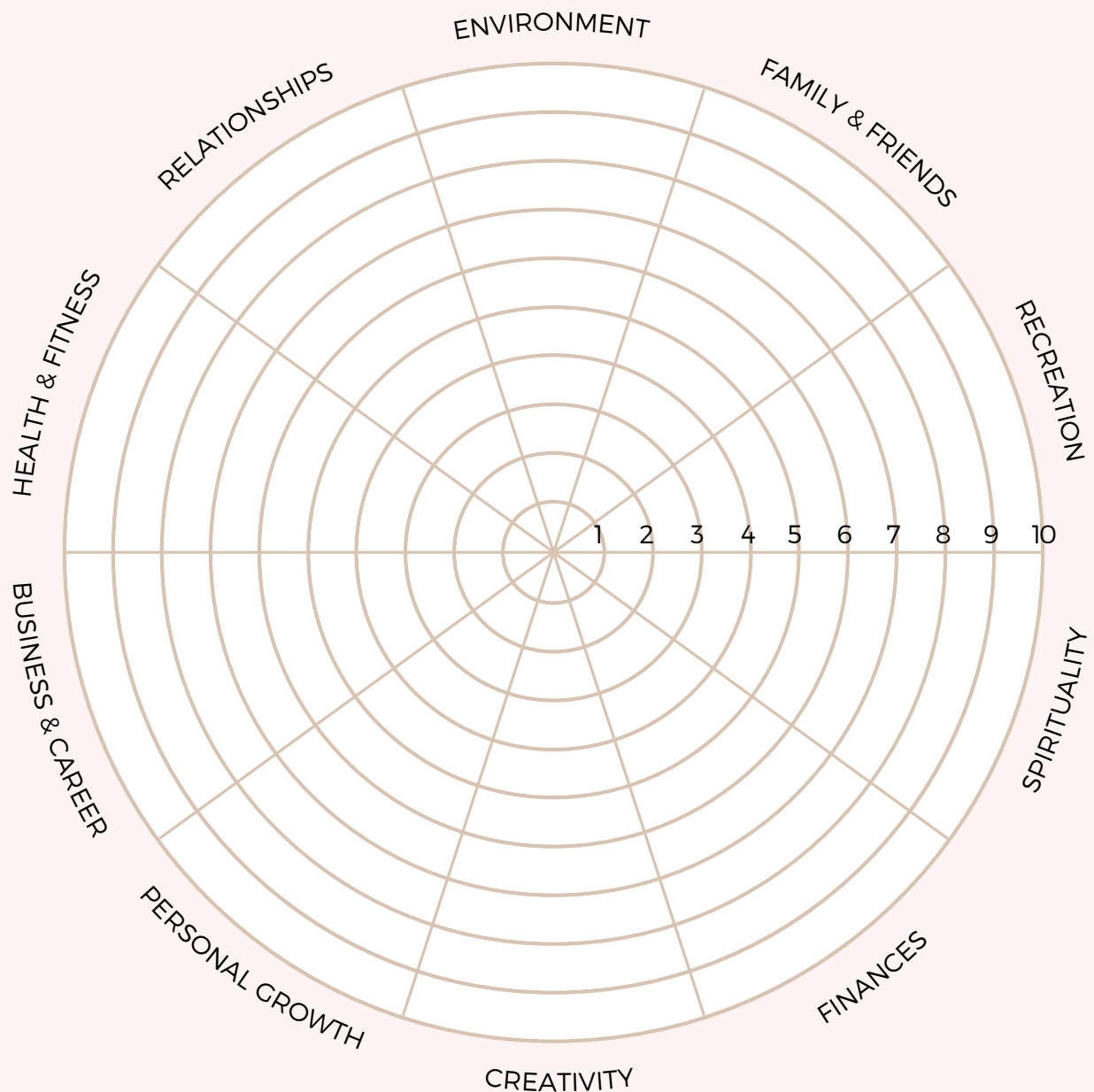
MONTH _____



WHEEL OF *life*

Think about the 10 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Wheel of Life map.

MONTH _____



WHEEL OF *life*

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.

RELATIONSHIPS

ENVIRONMENT

FAMILY & FRIENDS

RECREATION

SPIRITUALITY

FINANCES

CREATIVITY

PERSONAL GROWTH

BUSINESS & CAREER

HEALTH & FITNESS



WHEEL OF *life*

Using your Wheel of Life as a reference, answer the following questions to reflect on how you currently feel about these areas of your life.

Look at the balance in your wheel. How do you feel about your results?

What area are you most pleased with?

Which area surprised you the most?

Which area would you like to improve?

How will you improve in this area?

What will you need to improve?

What steps will you take to move closer to balance?

What help and support would you need to make these changes?



LIFE *goals*

Plan out your 3 main goals and break these down into the action steps you need to take to achieve each goal.

GOALS

ACTION STEPS

<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

