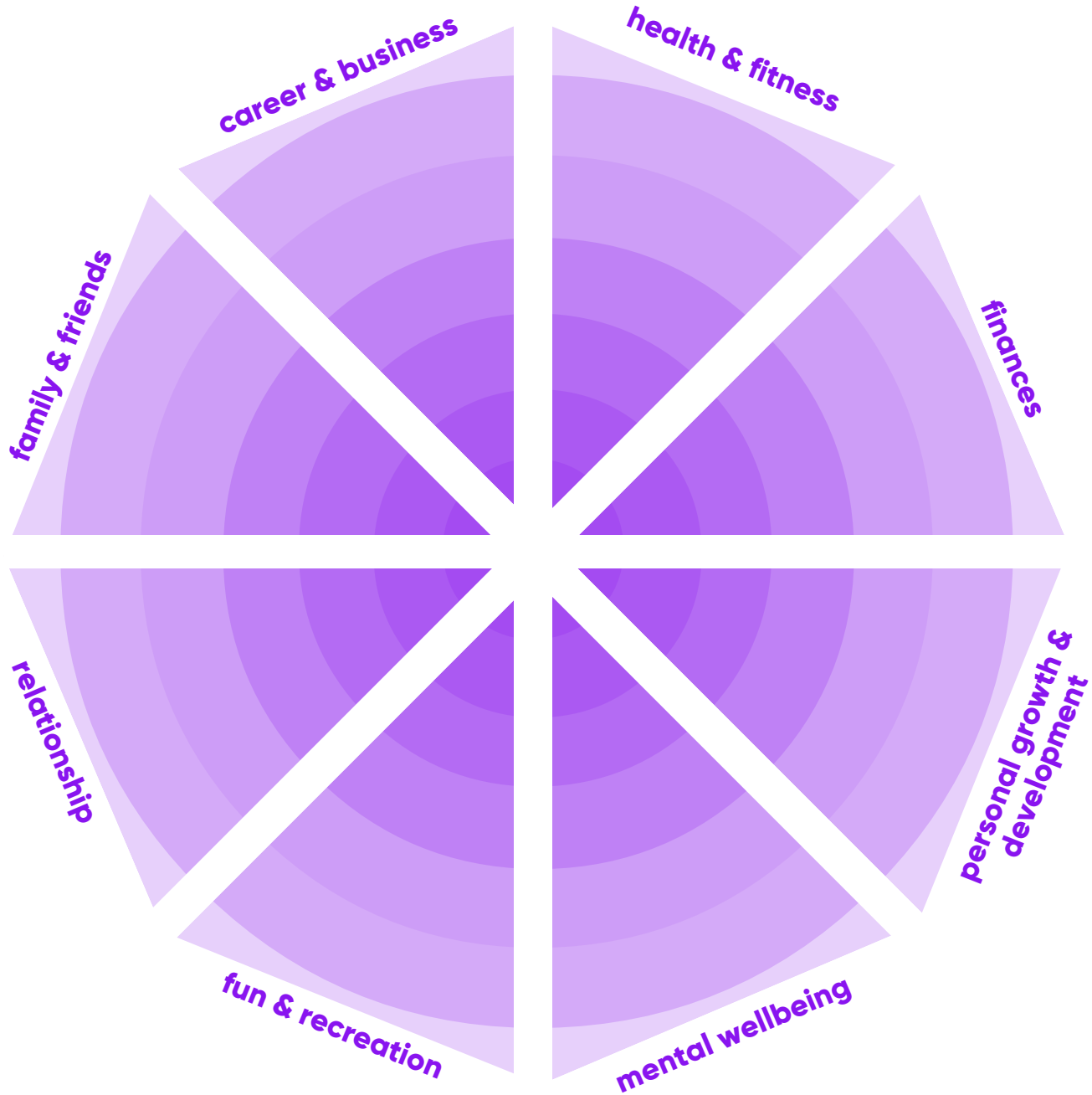


Wheel of Life

The Wheel helps bring self awareness to where you are, and where you want to be. It allows you to step back and assess where you choose to focus your energy at any one time.



Starting from the centre of the Wheel, shade in each segment to the degree of satisfaction. Completely shaded means 100% satisfaction. This will give you an overview of where you are now.

At different times there will be different priorities in your life. Recognise you have a finite amount of attention and where you need to give and take in any one period.