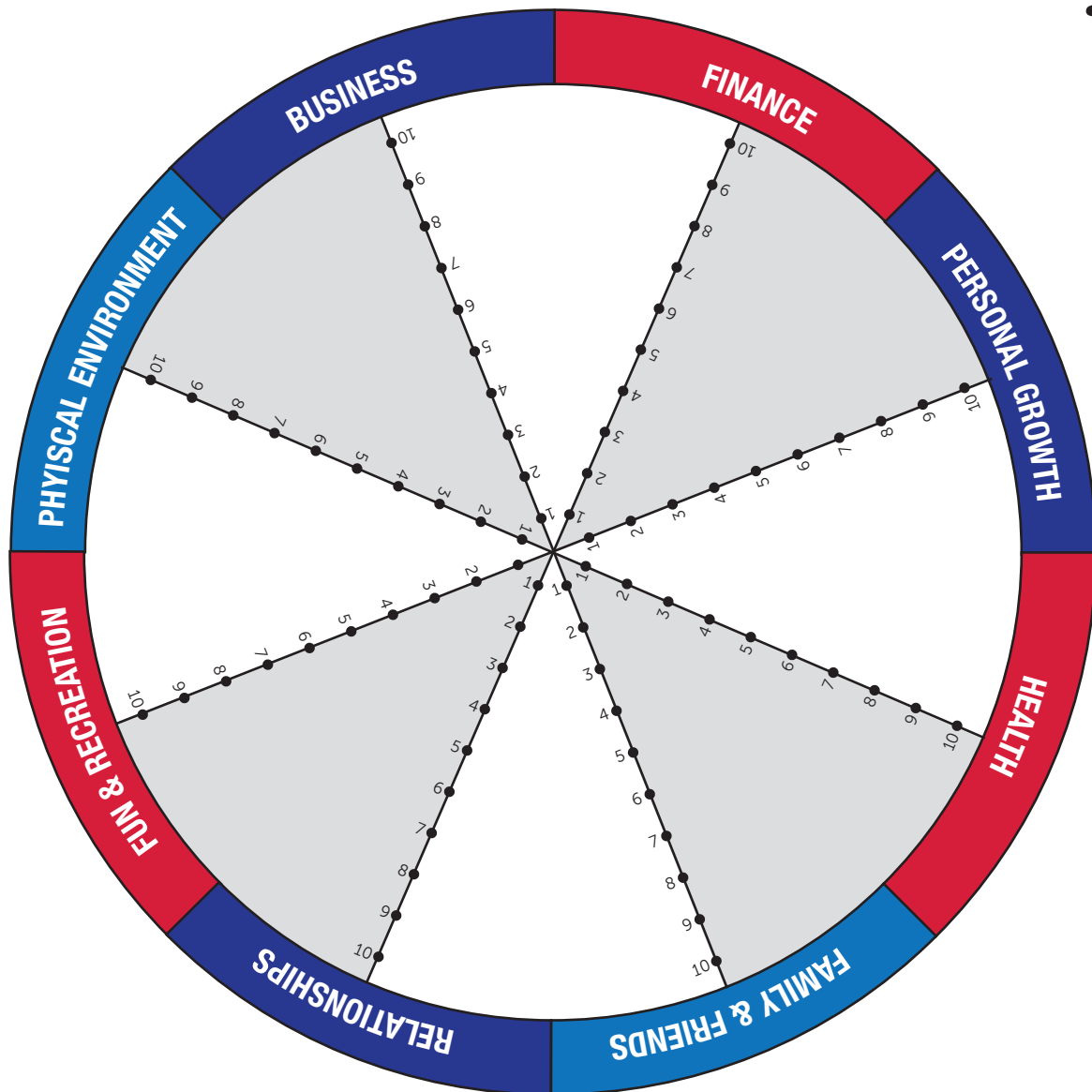


# Your Wheel Of Life

# B



## COMPLETE THE WHEEL

### EXERCISE 1:

Complete one segment at a time. Don't think too hard about this, go with the first number that pops into your head. When you've decided what number you're at RIGHT NOW, make a mark.

When you've marked a number against each segment, you join the dots up and create your own wheel. (Don't worry, most people end up with a very funny shaped wheel!!)

It's a great visual to show you the balance (or imbalance) in your life. Now you know where you're at, you can decide what you want to do about it.

### EXERCISE 2:

So which areas of your life do you want to make better? Some areas will require a small improvement, others will require a lot of time and focus to make them better.

Now, on the same sheet, mark your DESIRED number for each area. Use a different coloured pen so you can clearly see the difference between the two shapes and see exactly how big a gap there is between where you are now and where you want to be this time next year.