A picture containing drawing

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Questions for Wheel of Life Exercise

1. What comes up for you as you are looking at this completed wheel?
2. What are the areas you would like to improve?
3. Which one would you like to start with today?
4. Where would you like the mark of satisfaction to be in this area of life?
5. How would this change impact other areas of your life?
6. What would you like to start exploring for this change to occur?
7. What are the first three things you can do to make this happen?
8. What is the first step?
9. What is your time frame for taking it?
10. What support might you need to keep you focused?

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