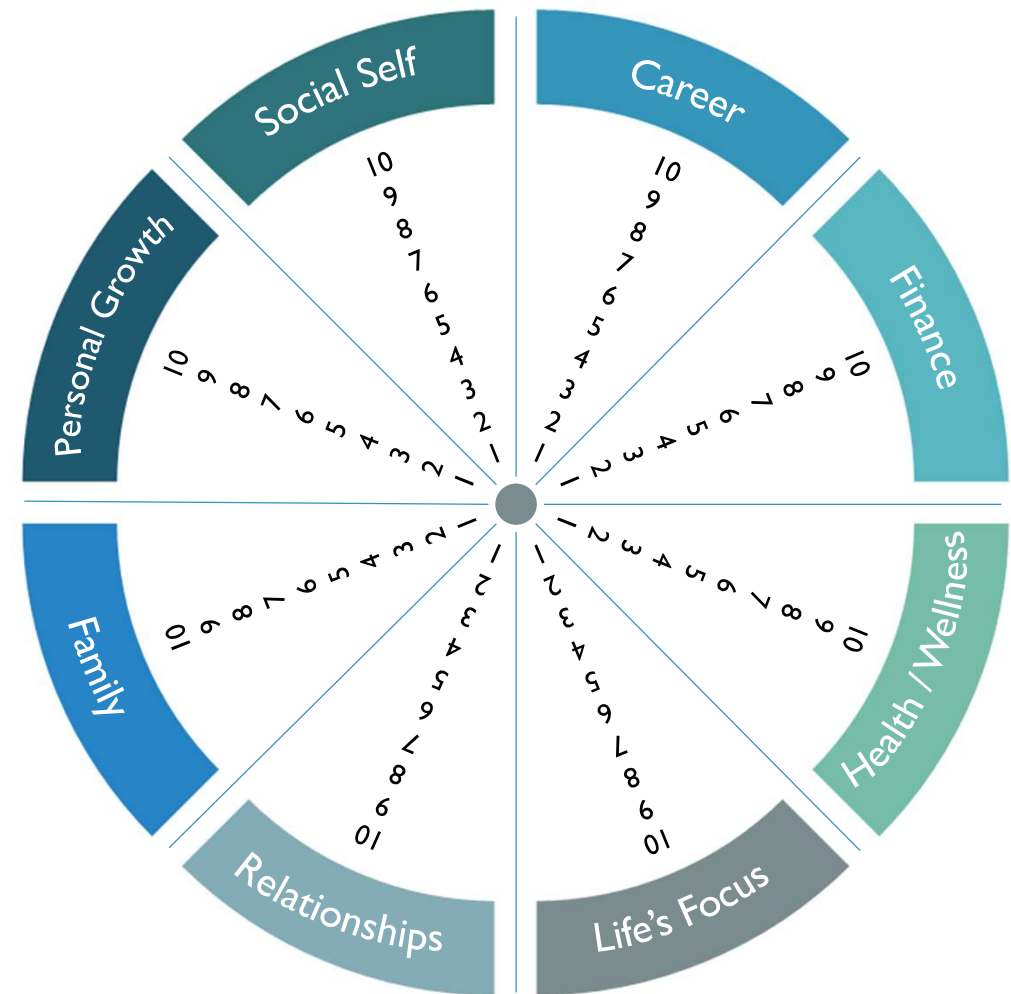


WHEEL OF LIFE

INSTRUCTIONS:

1. Consider whether the wheel labels match who you are, changing any as needed.
2. Circle a number in each section that represents that label's **priority** for you. (higher number = higher importance for you)
3. Using a different colour circle the number reflecting how **satisfied** you are with that label's current success. (higher number = higher satisfaction)
4. Connect the dots for **each colour** making a 'spider's web'.
5. What comes up for you?

Capture any thoughts, feelings or wants than come up here...



CAREER WHEEL

INSTRUCTIONS:

1. Consider whether the wheel labels match your career focus and change any as needed.
2. Circle a number in each section that represents that label's **priority** for you. (higher number = higher importance for you)
3. *Using a different colour* circle the number reflecting how **satisfied** you are with that label's current success. (higher number = higher satisfaction)
4. Connect the circles for **each colour** making a 'spider's web'.
5. What comes up for you?

Capture any thoughts, feelings or wants than come up here...

