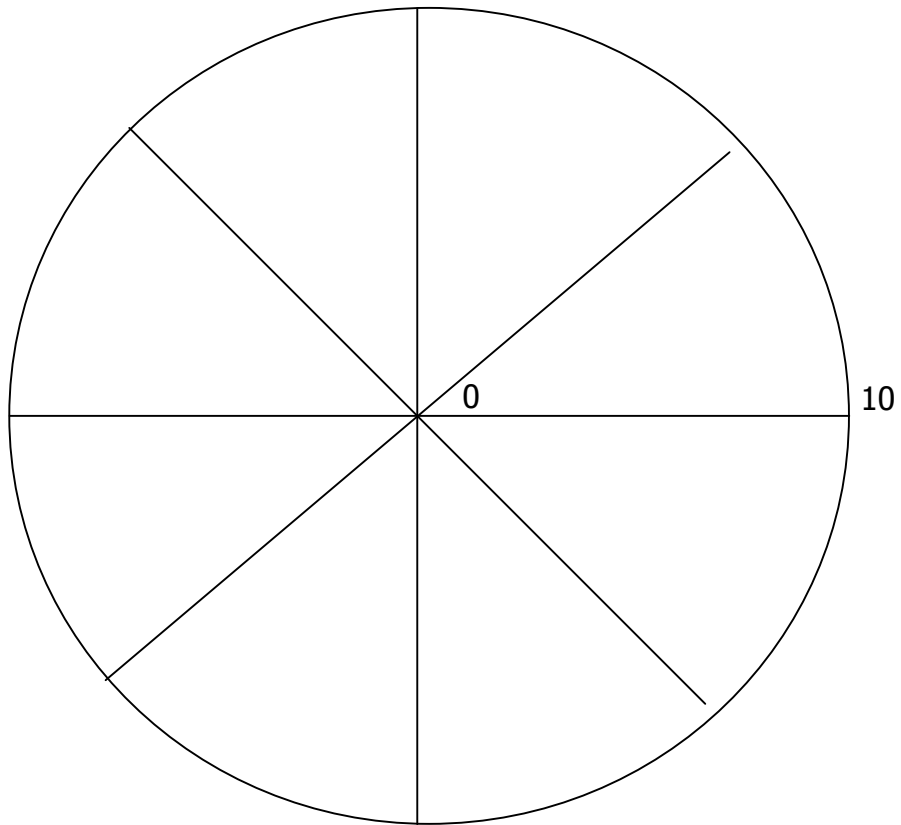


NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent important areas in your life.

- Draw a circle and divide into 8/10 parts. Or print a copy from here
- Label each of these parts for different areas of focus in your life. eg family, career, money, health, relationships
- Along the lines for each topic, put a large dot to represent how satisfied you are with that area. Use a scale of 0 to 10, where 0 is at the centre of the wheel, and 10 is on the rim. (see example)
- When you've completed this for all of the areas you identified, join up the dots. How smooth is the line? Does your life look 'in balance', or is it a bumpy ride? What areas are you already very happy with/grateful for? Which need your attention?
- For each area of your life, list 3 things you are grateful for, or are happy with. It's important not just to look at what's missing, but also at what you already have.
- Now pick 2 or 3 areas where you'd most like to bring about improvement. For each area, think about what it is you want to achieve.