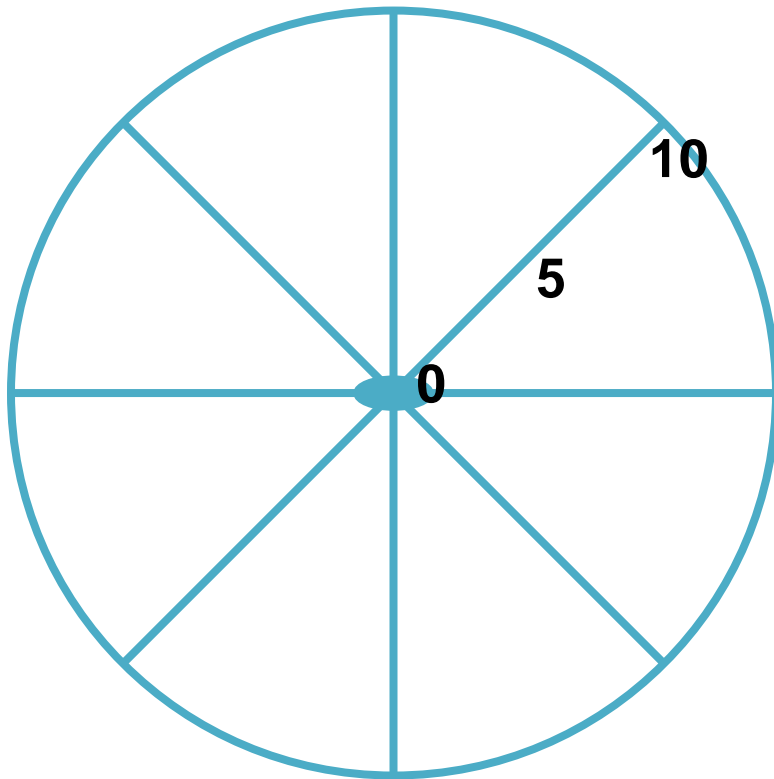


My Life Wheel

A. Label each segment with a heading relevant to your personal life.

For example:

- Career
- Health & fitness
- Creativity
- Spirituality
- Financial
- Study
- Hobbies
- Friends & Family
- Physical Environment
- Fun & Recreation
- Personal Growth
- Significant Other
- Romance



B. How to score your level of satisfaction with aspects of your life.

Use a scale of 0 to 10 to assess your satisfaction level. Mark the point on the line that shows your level of satisfaction. Taking the results further you can join the dots around the circle and notice the shape.

Is your wheel running smooth?
Notice the areas which have the most pull on you.

C. Choose one area that you would like to improve immediately, such that when you take action you alter the balance across the entire wheel.

The area is _____

My desired outcome in this area is _____

Do I need to ask for help or to upgrade my skills, change my beliefs, have training or coaching or alter my environment to get this outcome? _____

I am committed to and responsible for taking the following action to increase my level of satisfaction. In the short term my action is:

1. _____

In the medium term

2. _____

In the longer term

3. _____

By _____ time, I will have _____