

Wheel of life exercise

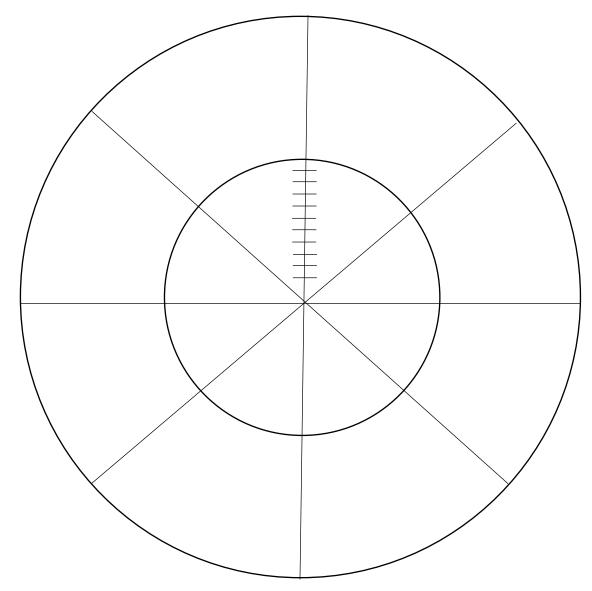
Choose eight areas of your life that are important to you:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Write one area on the outside of each segment of the wheel.

Use the inner wheel to plot your current level of satisfaction in that area of your life (0 to 10).

Use the outer wheel to write a goal describing what it would be like if that area was a 10. Write it in a positive way in the current tense (i.e. as if you are already living it).



https://jowalley.co.uk



Wheel of life reflection

1	Which area	of the whee	I would vou	like to t	focus on	first?
т.	v v i ii Ci i ai Ca		i wodala you		iocus oii	III St.

2. Where would you like to be in 3 months in this area of your life?

3. What would be the first step you could do in the next 2 weeks to help you move towards this?