

## 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).



