



Wheel of life exercise

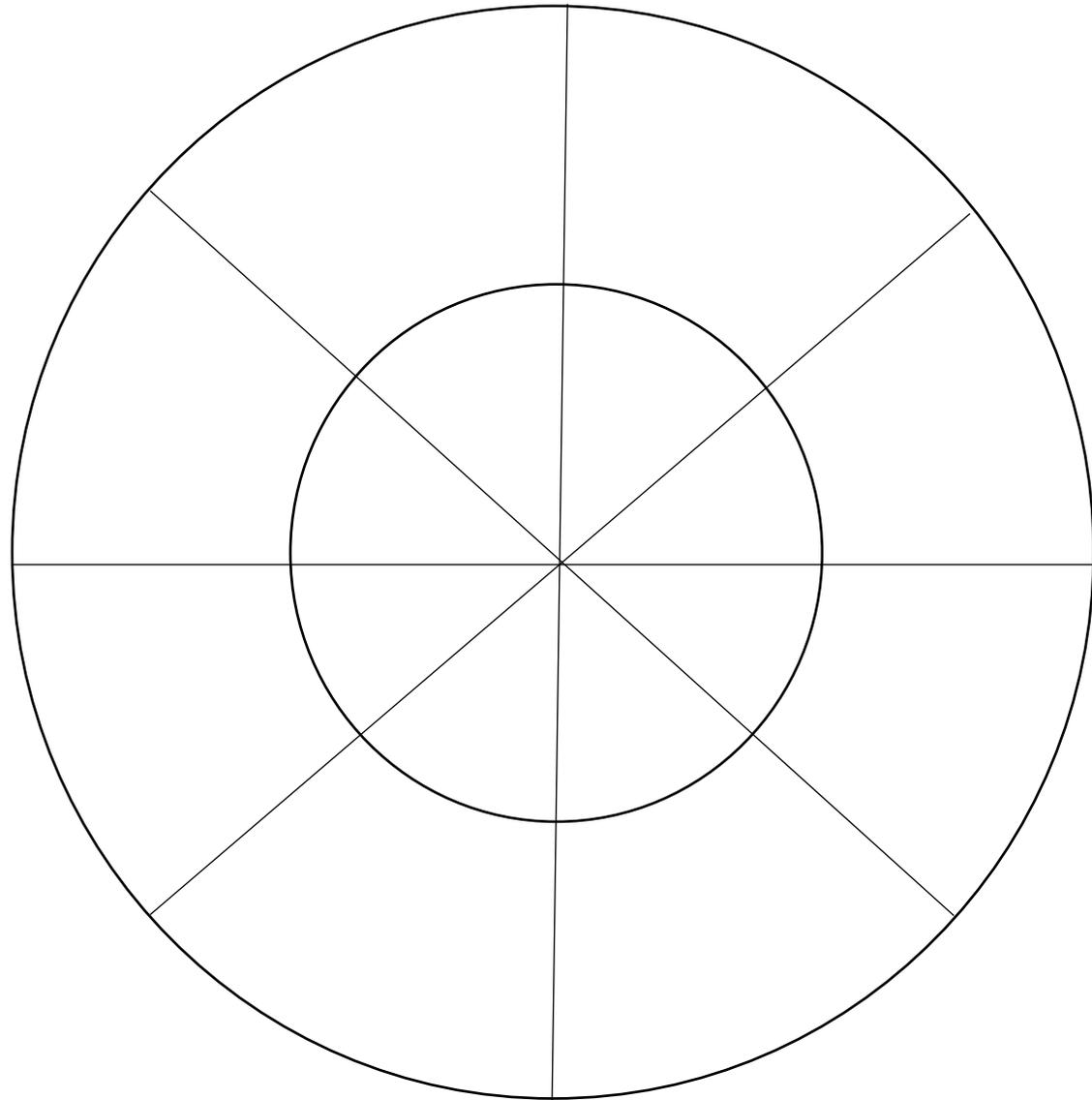
Choose eight areas of your life that are important to you:

- 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 write 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).





Coping with Uncertainty – Day 1

Wheel of life reflection

1. Which area of the wheel would you like to focus on at the moment?

2. What, within this chosen area, is within your control that you would like to be different?

3. What could you do in the next few days to help you with this?