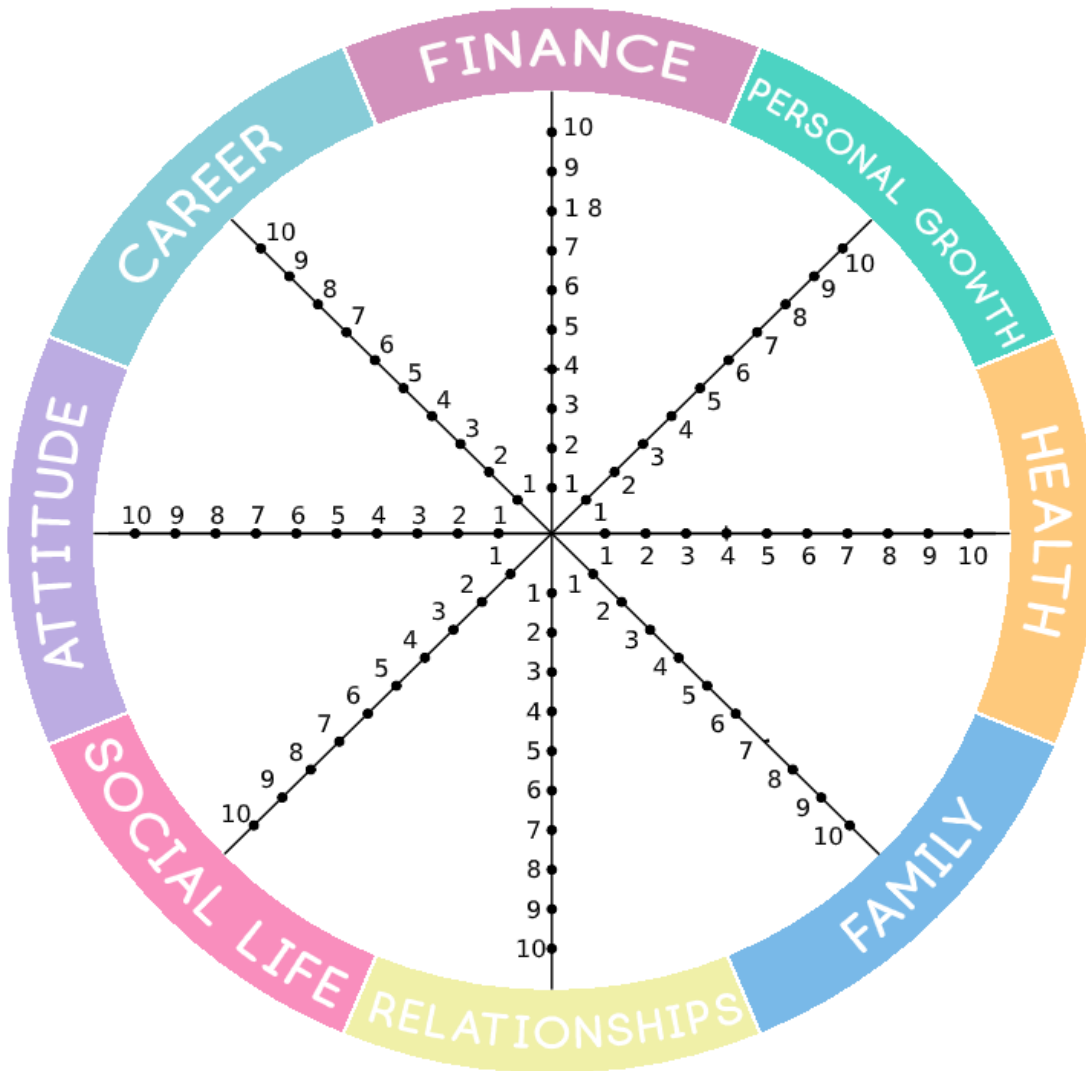


WHEEL OF LIFE EXERCISE



COMPLETE THE WHEEL:

1. Review the 8 Wheel Categories - think about what success or satisfaction would feel like for each area.

2. Next,

Choose a value between 1 (very dissatisfied) and 10 (fully satisfied) in each category.

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it should be! You need to be very honest.

WHEEL OF LIFE EXERCISE

Questions to ask yourself once complete. You may want to journal on these questions.

1. Are there any surprises for you?
2. How do you feel about your life as you look at your Wheel?
3. How do you *currently* spend time in these areas? How would you *like* to spend time in these areas?
4. What would make that a score of 10?
5. What would a score of 10 look like?
6. Which of these categories would you *most* like to improve?
7. How could you make space for these changes in your life?
8. What help and support might you need from others to make changes and be more satisfied with your life?
9. What change *should* you make first? And what change do you *want* to make first?
10. If there was one key action you could take that would begin to bring everything into balance, what would it be?

Taking action - the final step.

Choose 3 areas you most want to work on and then identify an action for each.

If you are extremely busy or stressed try asking yourself, "What is the smallest step you could take to get started?"