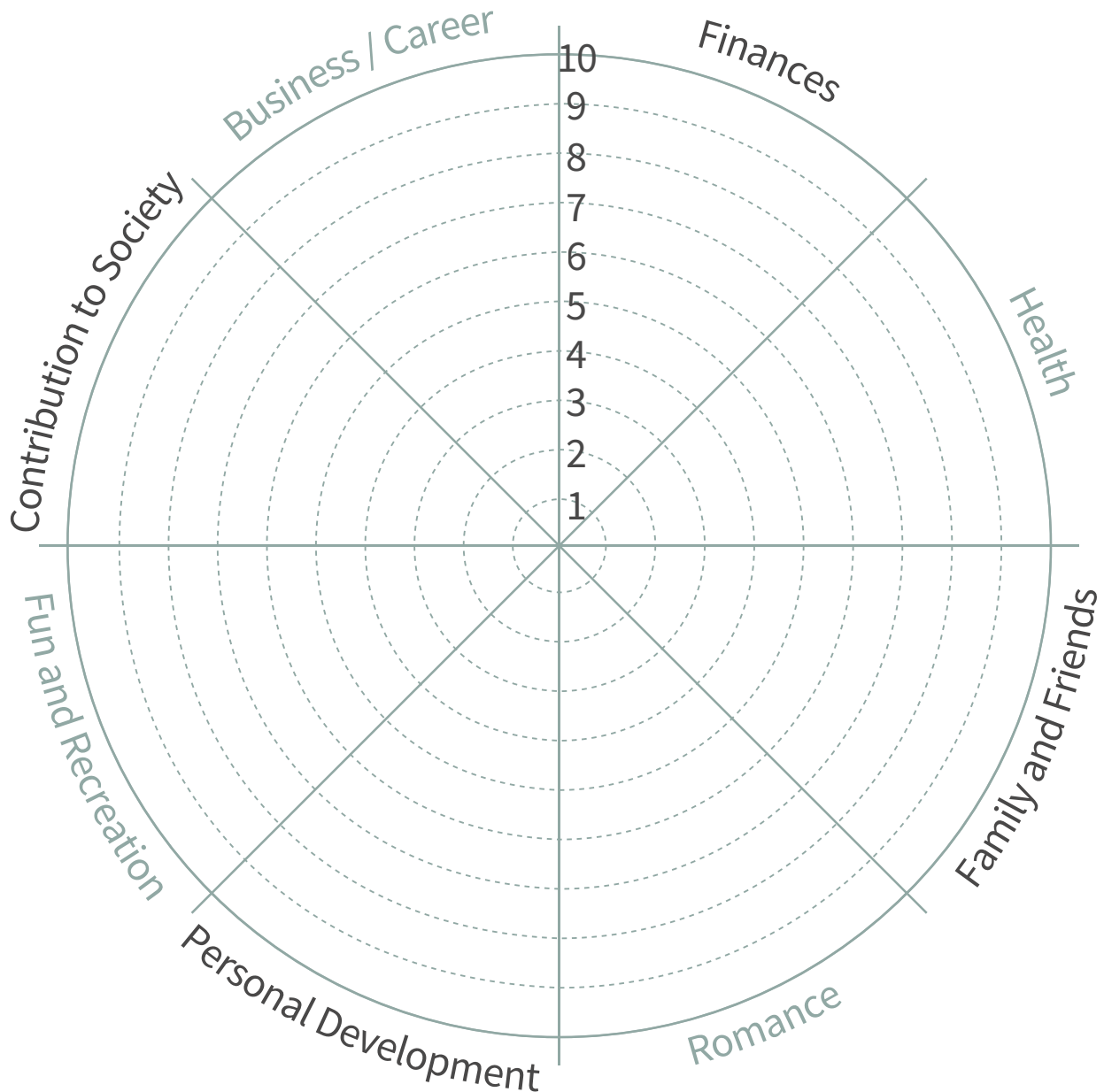


The Wheel of Life!

The Wheel of Life is a tool designed to help you assess various areas of your life and identify areas that may be off-balance. Review each segment of the wheel and assess your satisfaction level in each area. Use a scale of 1-10 (10 = extremely satisfied).



Draw a line across each section to represent your score, and then join up the lines to create your final Wheel of Life. This can help you visualise which areas of your life may need more attention and support in order to achieve balance and overall well-being.

Reviewing Your Wheel

Reflect on Wheel of Life and take a moment to assess each area of your life. Use the following questions to help you reflect on how you feel about each of these areas.

1. What do you notice when you look at your completed Wheel of Life?

2. Which areas of your life appear to be well-balanced and fulfilling?

3. Are there any life areas that stand out as needing more attention or improvement?

4. Why do you think certain areas received higher ratings than others?

5. What do your current priorities and values indicate about your ideal life balance?

6. Do any particular life areas have a significant impact on your overall well-being?

7. Are there any unexpected insights or realisations that have emerged from completing this?

8. On a scale of 1-10, How motivated and committed are you to making changes in the areas that need attention? 10 = Very Likely

9. What emotions or feelings arise when you consider your current and ideal life balance?