

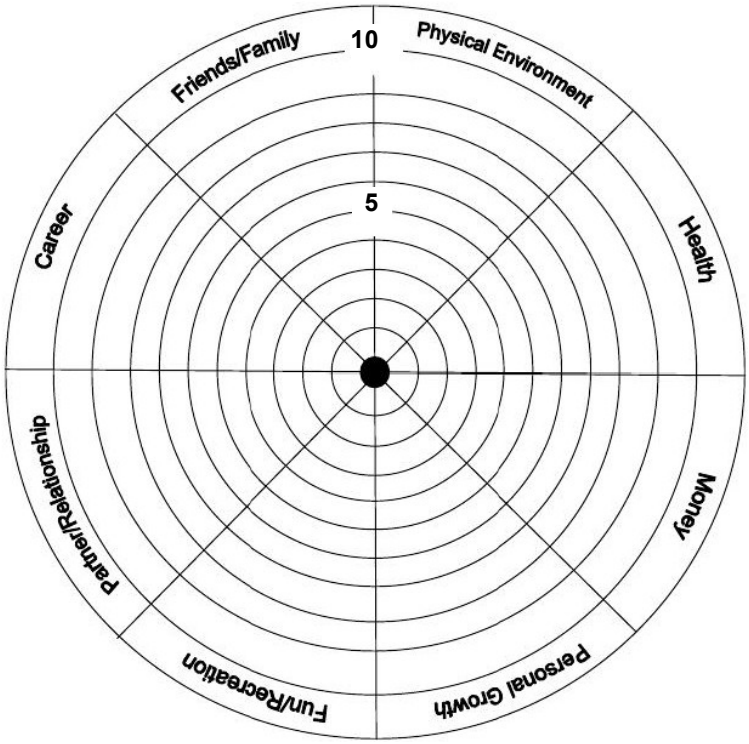
The Wheel of Life – Personal Wellbeing

To help you make the important changes in your life and to make those changes effective, it is important to be aware of what aspects of your life need attention. This Wheel will enable you to consider how your life appears at the moment.

To help you find which areas of your life would benefit by being changed, use this wheel to determine what and where adjustments could be most beneficial.

The Centre of the Wheel is 0 = totally dissatisfied.
The Outer Ring is 10 = totally satisfied.

Mark each of the sectors below from 0 -10 to indicate how satisfied you are with those aspects. This will indicate to you where to make adjustments and how balanced your life is.



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