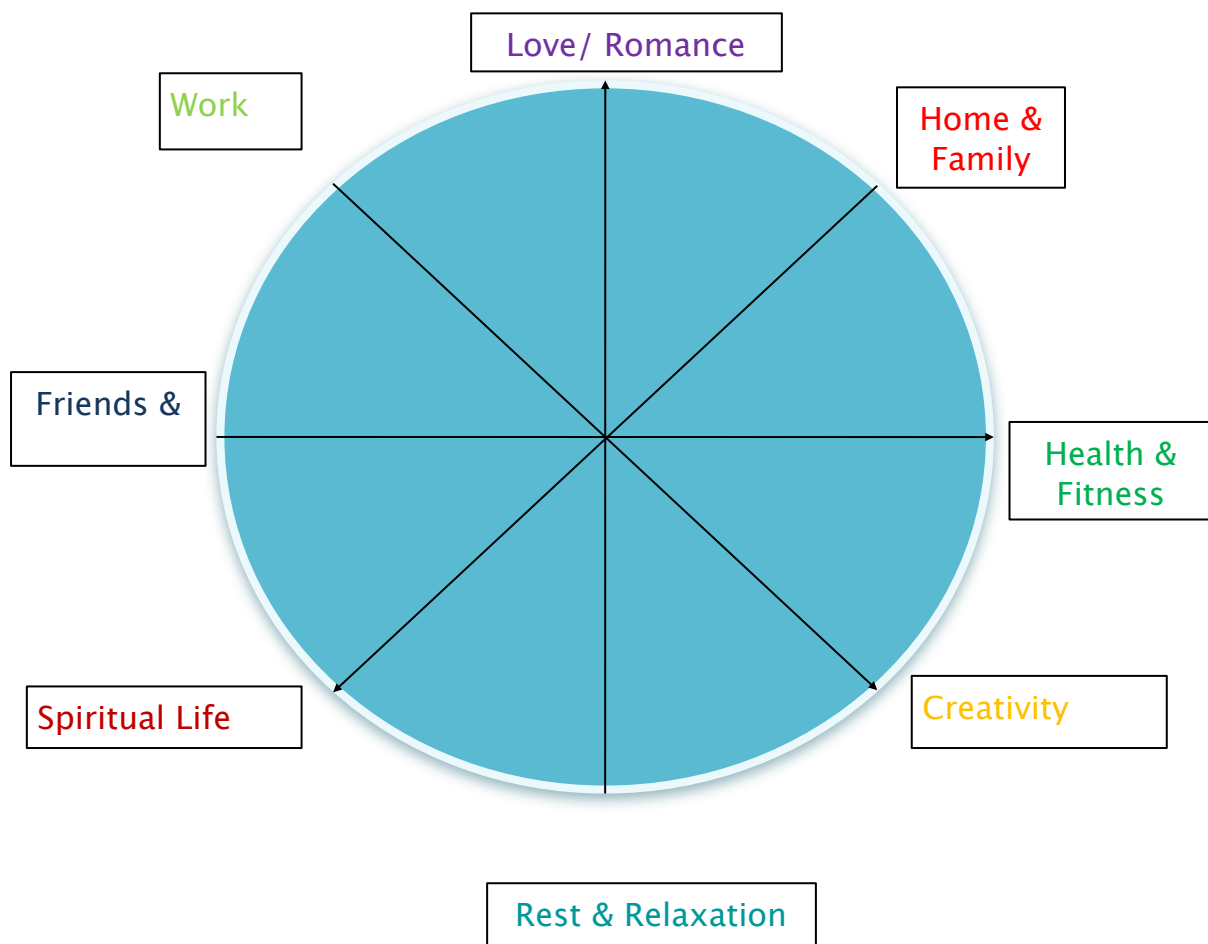


WHEEL OF LIFE

Use this Wheel of Life to explore how satisfied you are with the different areas of your life and help you become aware of where you need to make changes. Taking 0 to be the centre of the circle and 10 to the outside, mark your current level of satisfaction in each area. If one of the areas titles does not work for you please feel free to change it to another.



What 3 areas that you would like to make changes in?

1. _____

2. _____

3. _____

For each area that you have selected name 3 steps you can take to improve it?

Eg – Health – Start to walk twice a week with a friend

- Area 1: _____
1. _____
 2. _____
 3. _____

- Area 2: _____
1. _____
 2. _____
 3. _____

- Area 3: _____
1. _____
 2. _____
 3. _____

‘We first make our habits, then our habits make us’