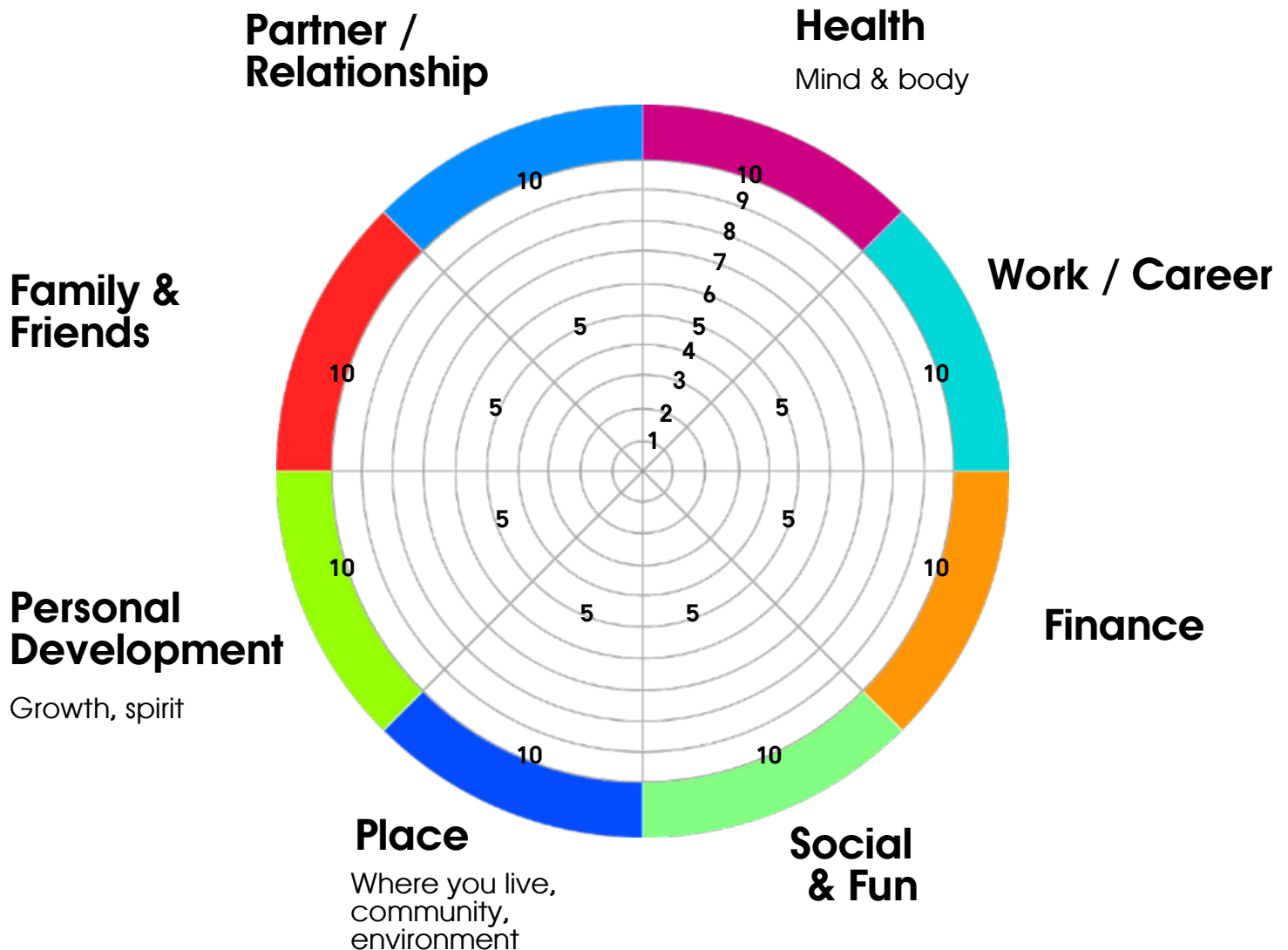


# The Wheel of Life Exercise

A good first step to gather thoughts on where you'd like to focus over the coming months from a life-work-balance perspective.

# The 'Wheel of Life' Exercise

How happy are you with each of these 8 areas of your life ...?



This can be a good first step to gather thoughts on where you'd like to focus over the coming months from a life-work-balance perspective.

Take time and consider the 8 different aspects of your life, shown on the wheel above.

Now, score each of the 8 Areas on the wheel :

- First score yourself on 'where you are now' (from 1-10)
- Second score yourself on 'where you would like to be' (from 1-10)

(with 10 being a high score (couldn't be happier) and 1 being a low score.)

If it helps, use 2 different coloured pens on the chart above.

Now, consider your scores. You'll have an initial idea of which areas you'd like to improve upon over the coming months.

Perhaps choose, 1 or more areas to consider first and make notes on what steps you can take to either re-inforce those areas of your life, or where you'd like to make changes.

# Choose which areas you'd like to work on:

Area 1: .....

Score Now: ...../10.      Score Future: ...../10.

Outline ideas / rough notes on steps you can take:

.....

.....

.....

.....

Area 2: .....

Score Now: ...../10.      Score Future: ...../10.

Outline ideas / rough notes on steps you can take:

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.....

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# Choose which areas you'd like to work on:

Area 3: .....

Score Now: ...../10.      Score Future: ...../10.

Outline ideas / rough notes on steps you can take:

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Area 4: .....

Score Now: ...../10.      Score Future: ...../10.

Outline ideas / rough notes on steps you can take:

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