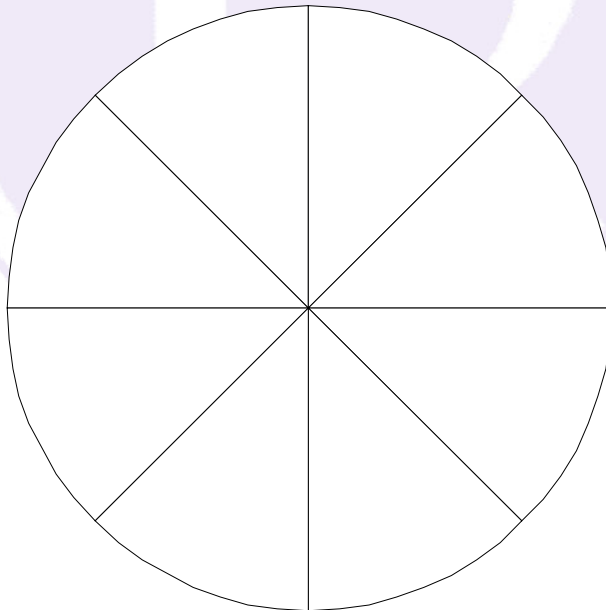


## The Wheel of Life

Label each spoke of the wheel with the eight most important parts of your life, (choose from the following list, or add your own)

Family	Marriage/Partnership
Friends	Social
Work	Career
Health	Financial
Education	Personal Development
Spiritual	Leisure/Recreation
Home	Tangibles

Imagining zero at the centre of the wheel, and ten on the outside, place a value against each spoke as you are experiencing it now - remembering that it is your degree of satisfaction with that part of your life, not how it compares with other people's lives - e.g. you do not have to be out partying every night to score highly in the social area, if a weekly visit to the pub suits your needs.



Identify an area with a low score that you can focus on to make some immediate changes to the balance in your life.