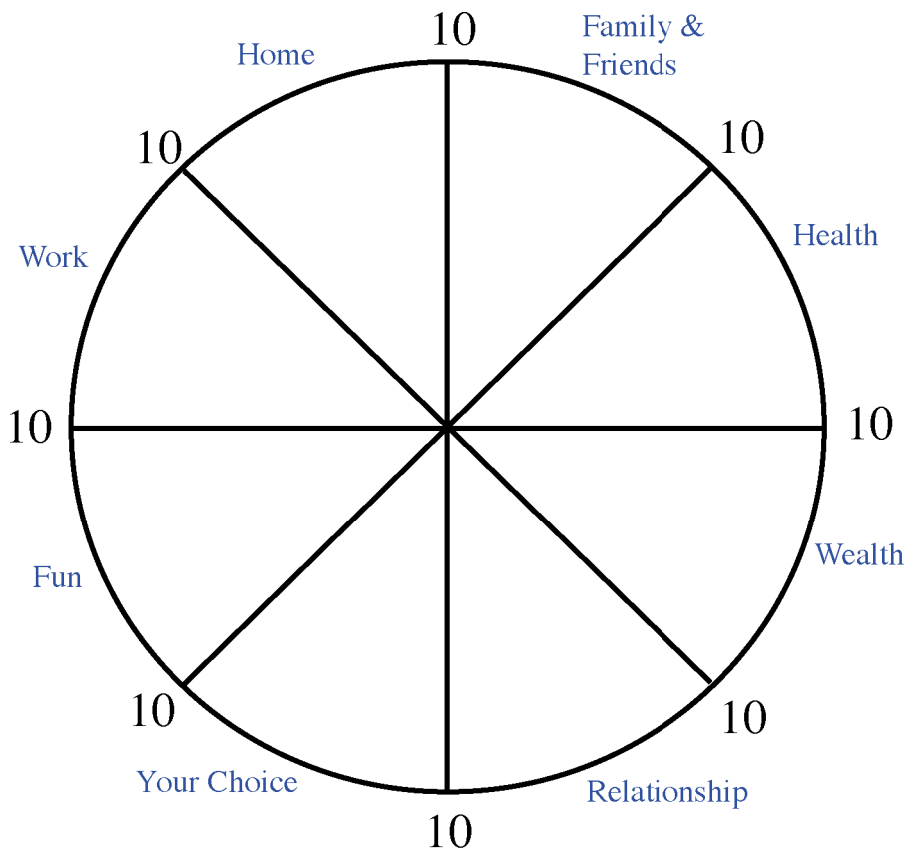


W H E E L O F L I F E



How balanced is your life?

This is a visual tool for you to identify the areas in your life which you are discontented with and which ones are moving successfully. Take the centre of the wheel as zero representing poor and the outer edge as 10 which is outstanding.

In each segment draw a line to rank how your life is at the moment. Your Choice could be Self Development, Spirituality or even your favorite hobby. See example above

This a snap shot of how you are today, so date it, record it, keep it & do it again.

DATE

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