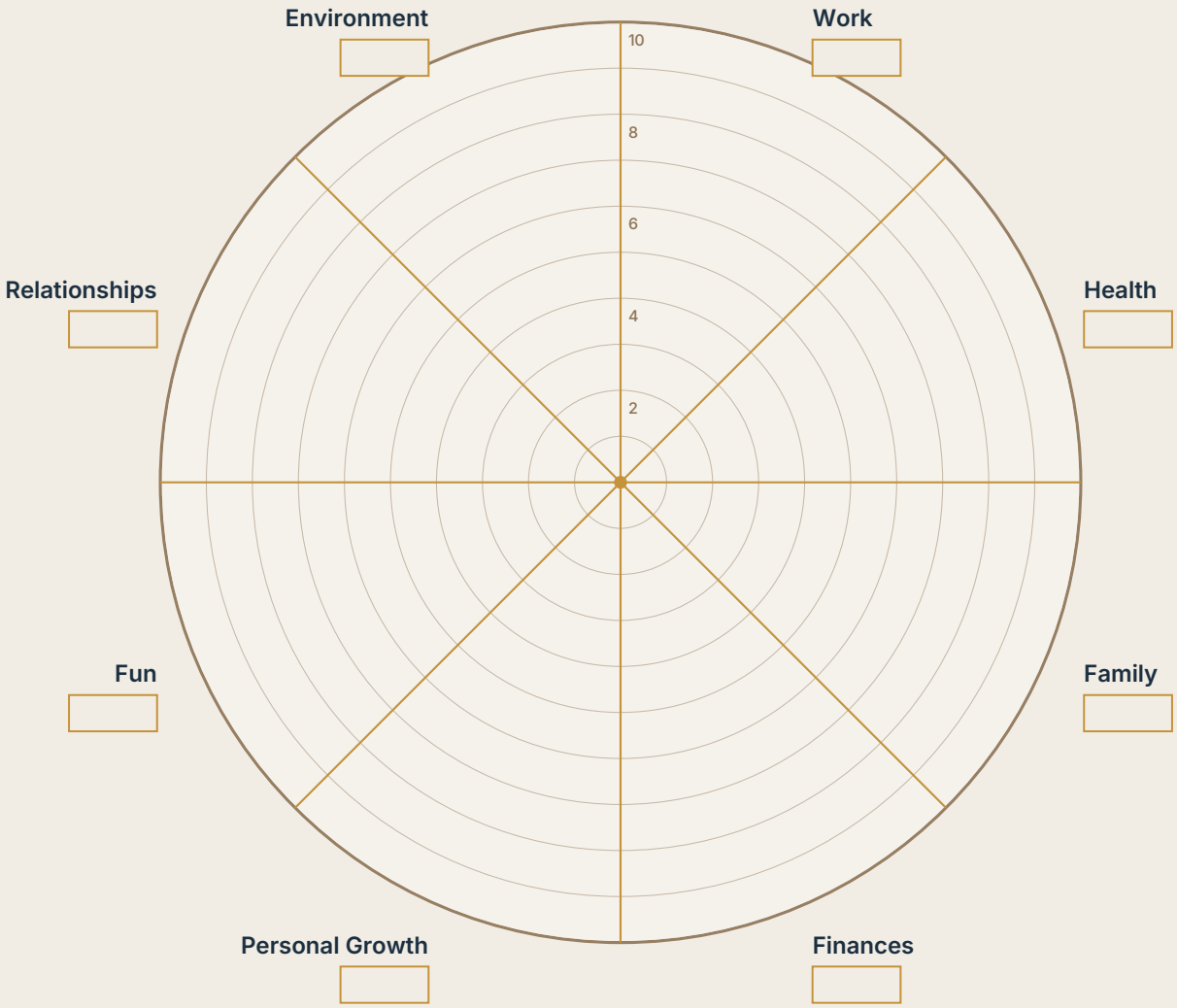
Your Wheel of Life

Companion to "Wheel of Life"

20 MINUTES

HOW TO USE THIS SHEET

1. Rate your satisfaction in each area from 0 (the centre) to 10 (the outer edge). Ten to fifteen seconds per area: your gut is the data.
2. Mark each score with a dot or a line across its wedge, and write the number in its box.
3. Join the dots. The uneven shape is the point.
4. Step back: where does the wheel dip, which low areas feel connected?
5. Pick the lowest area. If it rose by one point, what would change? Write one action for this week.



WHAT SURPRISED ME, AND WHICH LOW AREAS FEEL CONNECTED

ONE ACTION THIS WEEK IN MY LOWEST AREA