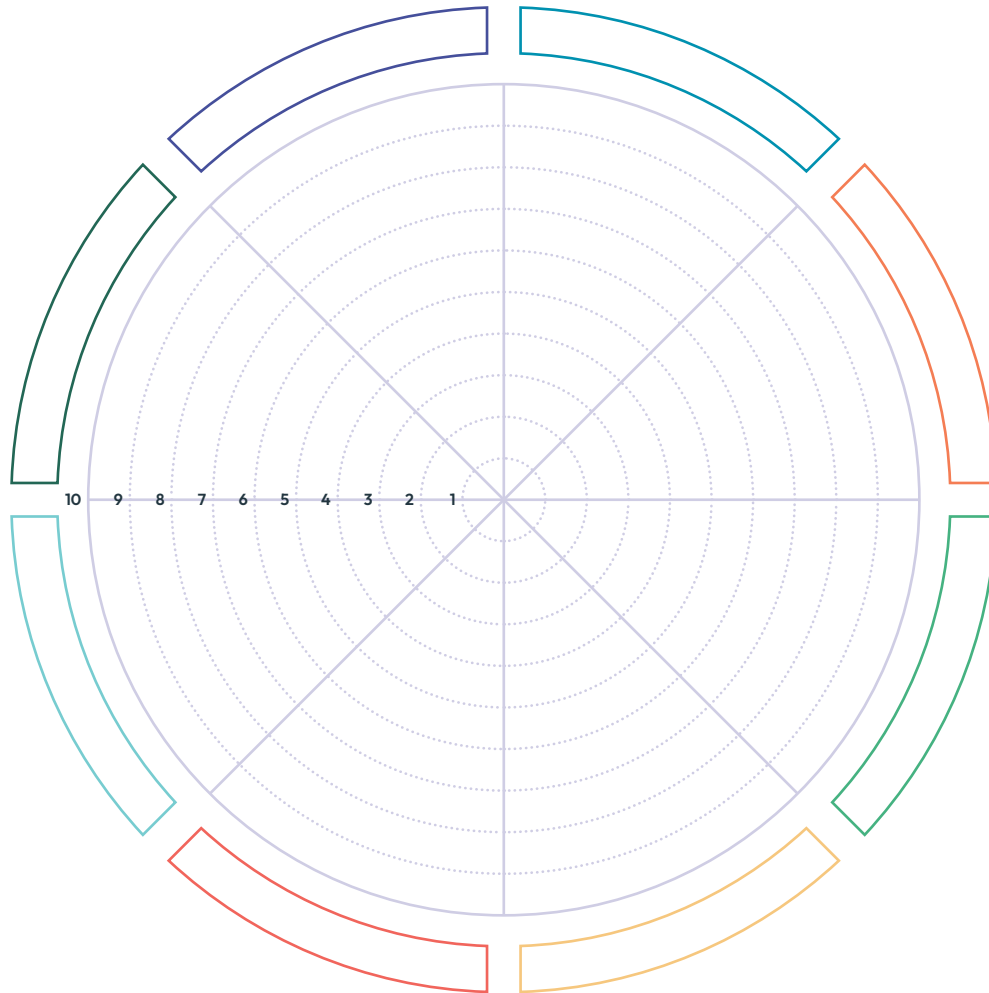


# Wheel of Life



## Instructions:

This is a very subjective exercise and is meant to be used as a tool for reflection.

- Give each segment a title relating to an important aspect of your life. E.g. work, family, personal development, fitness, hobbies etc.
- What is the ideal level of attention you would give to each aspect? Choose a number out of 10 for each segment and give it a dotted line.
- What is the current level of attention you would give to each aspect? Choose a number out of 10 for each segment and give it a solid line.
- Looking at your 2 wheels (the ideal with the dotted line and the current with the solid line) what immediately strikes you? Where are the biggest gaps?