Life Choices

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Instructions for using the life wheel:
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, spirituality, 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 are giving to each aspect? Give this 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?