

The Wheel of Life

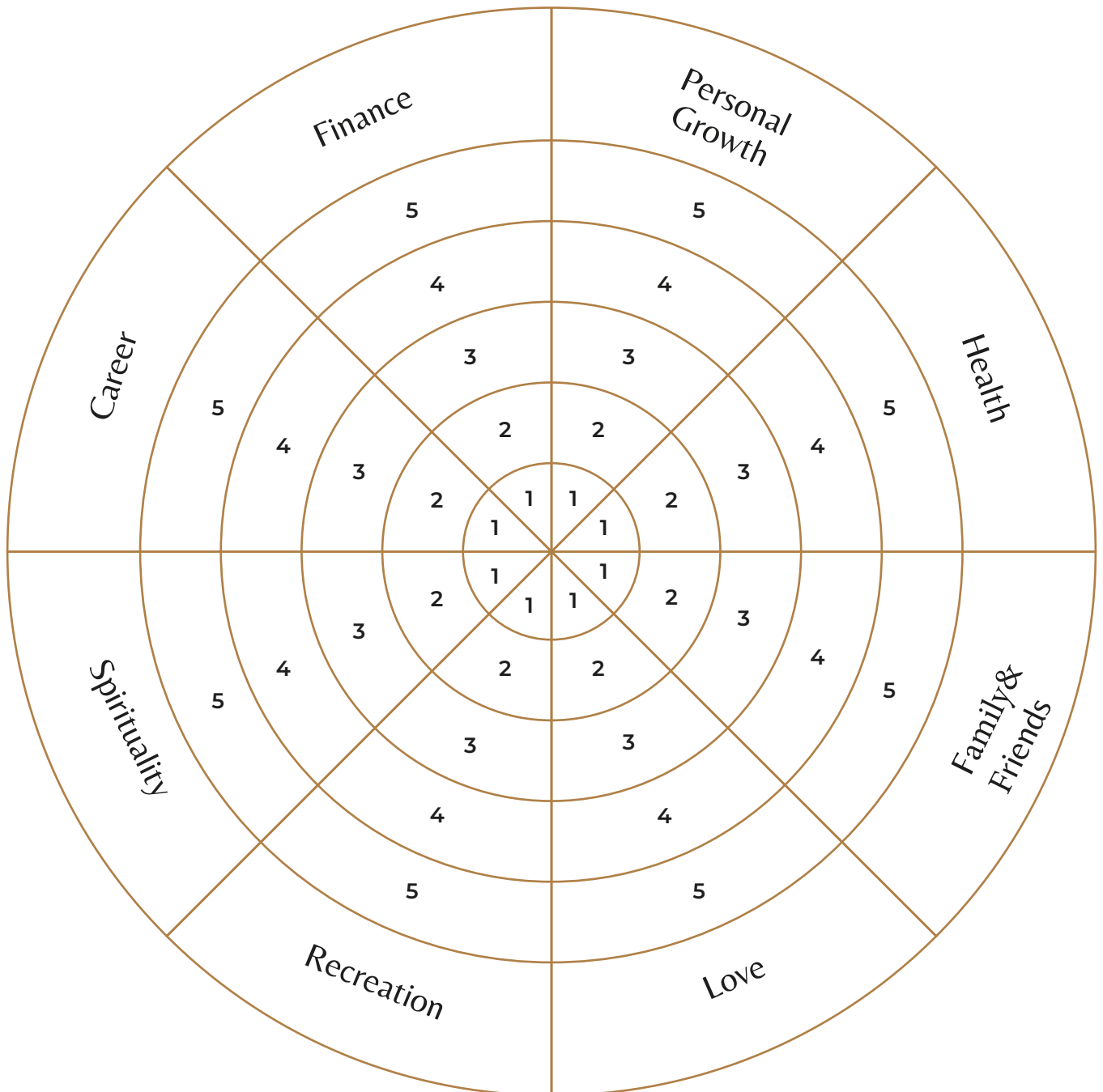
Part One

To be truly fulfilled, you need a balanced life. When life is busy, you can find yourself 'off balance', not paying enough attention to important areas of your life. By taking a 'helicopter view' of your life, you can restore balance.

The 'Wheel of Life' helps you identify the areas in your life to which you want to devote more energy. The eight sections of the wheel represent the key areas of your life that should ideally be in balance just like a wheel.

Step 1: Rate each area from 1 to 5, one being you're totally unsatisfied and five means that you're over the moon. If you like, connect the ratings to see how balanced or 'out of sync' your wheel is.

Step 2: On the next page, note what you're happy with and what needs improvement. Jot down ideas to improve the situation get on the right path.



Career

Finance

Family & Friends

Love

Personal Growth

Health

Recreation

Spirituality