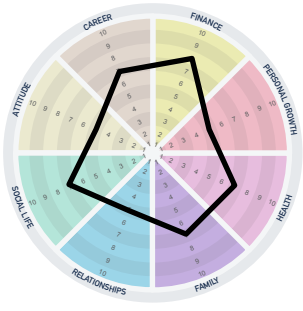


Wheel of Life



At this current time in your life, how satisfied are you with each of these areas?

On the outer ring you can see eight topics. Consider each of these, and 'rate' yourself in each area. 0 (in the centre) is least satisfied and 10 is most satisfied. Then join these dots together.

This information is useful in many ways and can be used moving forward with goal setting, prioritising, managing your time and work life balance/ integration.

