

THE WHEEL OF LIFE EXERCISE

This exercise gives you a quick overview of your life.

For each section, mark a number from 0 being the worst and 10 being the best for how you think you are doing in each area.

Reflect on it:

1. Looking at your wheel what jumps out at you?
2. If you were to choose just one section to increase that number from a 7 to an 8 (for instance), what would that action be?
3. What other sections would you like to increase?

