

WHEEL OF LIFE

FINANCES

Describe where you are now:

What would make it a 10?

WORK POSITION

Describe where you are now:

What would make it a 10?

FAMILY

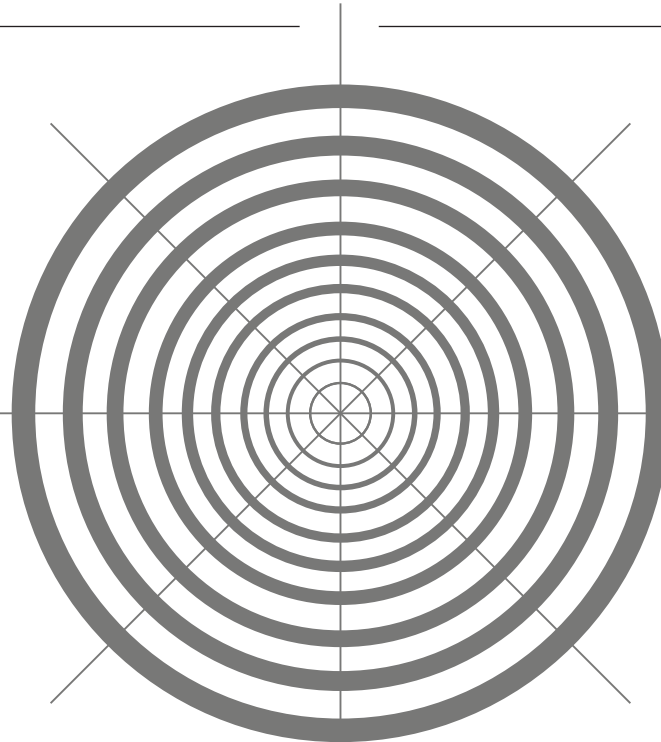
Describe where you are now:

What would make it a 10?

SOCIAL

Describe where you are now:

What would make it a 10?



WORK CONTENT

Describe where you are now:

What would make it a 10?

HEALTH

Describe where you are now:

What would make it a 10?

HOBBIES

Describe where you are now:

What would make it a 10?

PERSONAL GROWTH

Describe where you are now:

What would make it a 10?

INSTRUCTIONS:

1. Go around the wheel and fill each wedge to reflect how happy you are with each aspect of your life (you can change the topics if you like)
2. Make a few notes on where you are now for each topic. What is important?
3. Write down what it would be like if you were at a 10 for each topic. Is increasing the score important?
4. Are there any goals you'd like to take away from this reflection? Remember, you can do anything, but you can't do everything.