

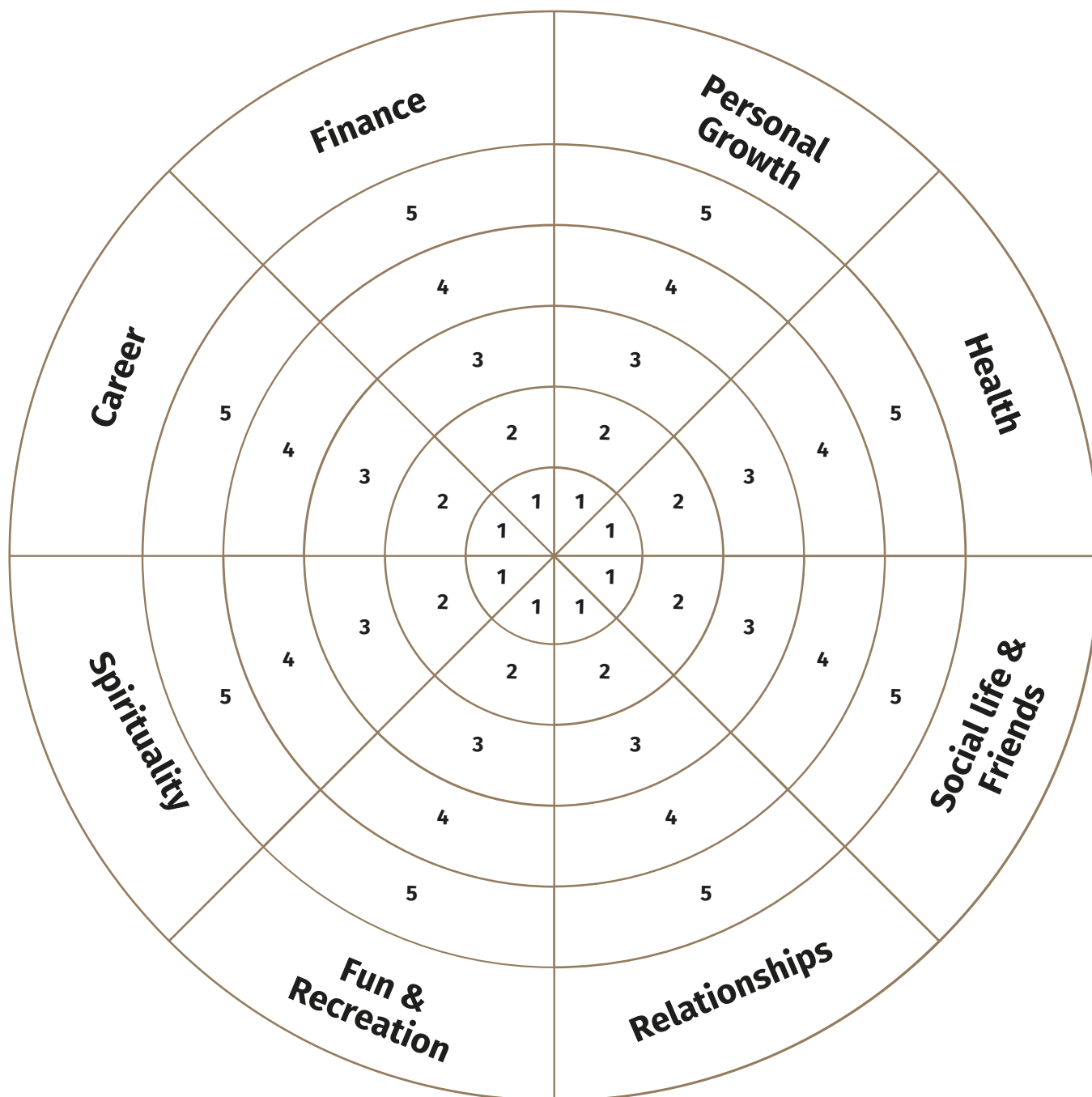
The Wheel of Life



Part One

How to use this template?

This exercise is designed to take a snapshot of the current situation across a variety of categories. This way you have an idea of what you're happy with and what needs some extra work. The way you do this is simple - First, just give a rating from 1 to 5 in each category, one being you're totally unsatisfied, and five means that you're over the moon.



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Part Two

Fill out what you're happy with and why.

What needs some work and how do you think you can improve the situation?

What steps can you take to get on the right path?

Career

Finance

Friends

Love

Personal Growth

Health

Recreation

Spirituality