



Life Wheel

For each section of the Life Wheel:

- ✂ List the positive and negative aspects of your current situation. What are you putting up with?
- ✂ Mark a score out of 10 on the Life Wheel for how well you think each particular part is going – 10 means very well, and 1 means not well at all.
- ✂ Draw an arc connecting the numbers you've marked for each section of the Life Wheel that represent how well you think it is going. If all the sections scored 10, then your wheel would look like the circle in the diagram – because each would be joined at 10.
- ✂ List what you would like to be happening instead... for example, make some positive statements about what you want.

