

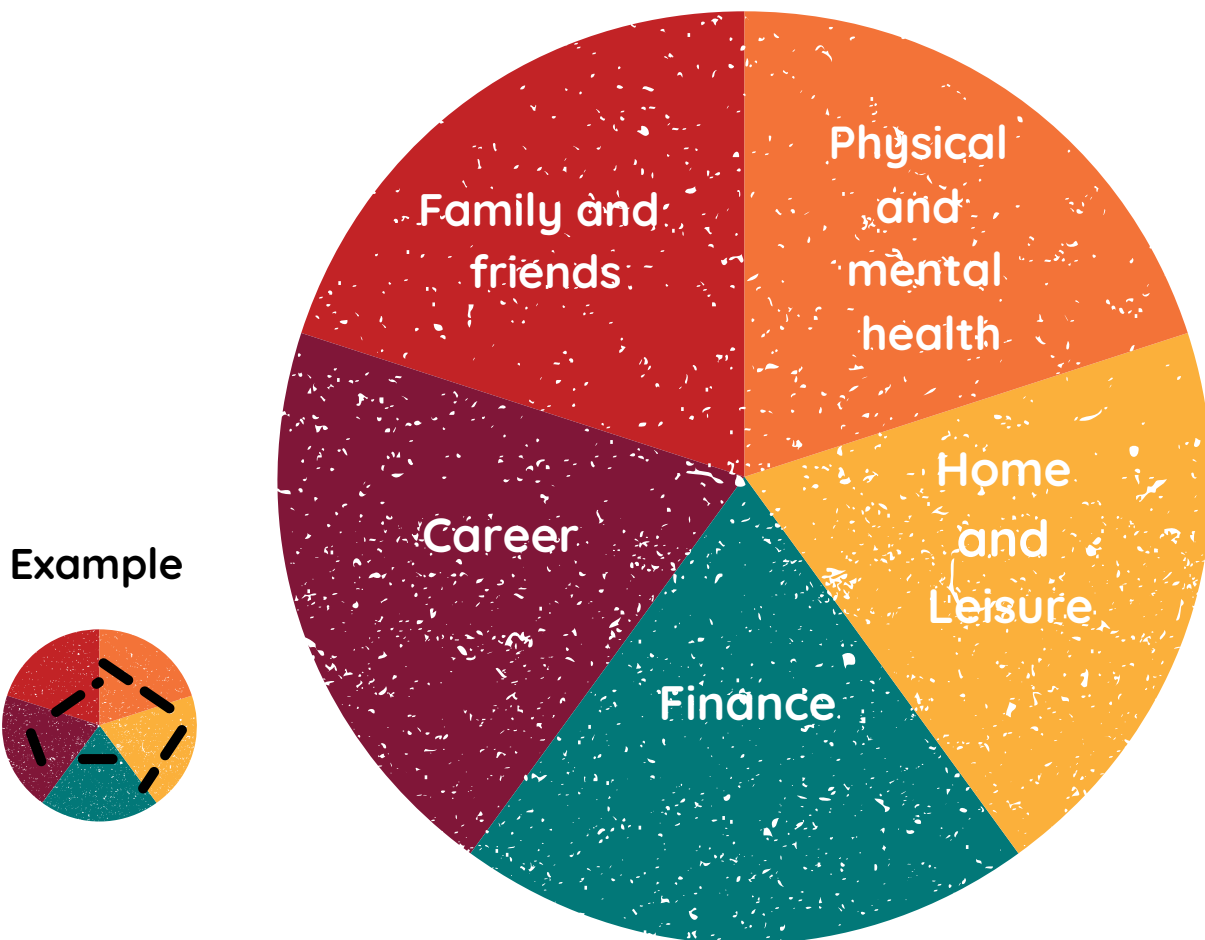
The Wheel of Life

The circle below represents the various elements that make up your everyday focus in life.

The following is a simple way of observing visually where you are most and least satisfied. This is important when you are trying to achieve a more integrated work and life.

Once you have completed the assessment, goals and actions can be set to improve satisfaction.

You will need to print this page off in order to complete the 5 minute exercise.



- Imagine the centre of the circle is zero and the outer edge 10.
- Draw a line across each element to rank your satisfaction.
- Write your score for each element within each piece.
- What do you see? Note the areas where there is the most dissatisfaction.
- We will utilise this assessment again post the webinar to set future integration goals.