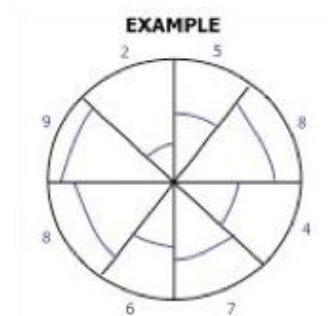
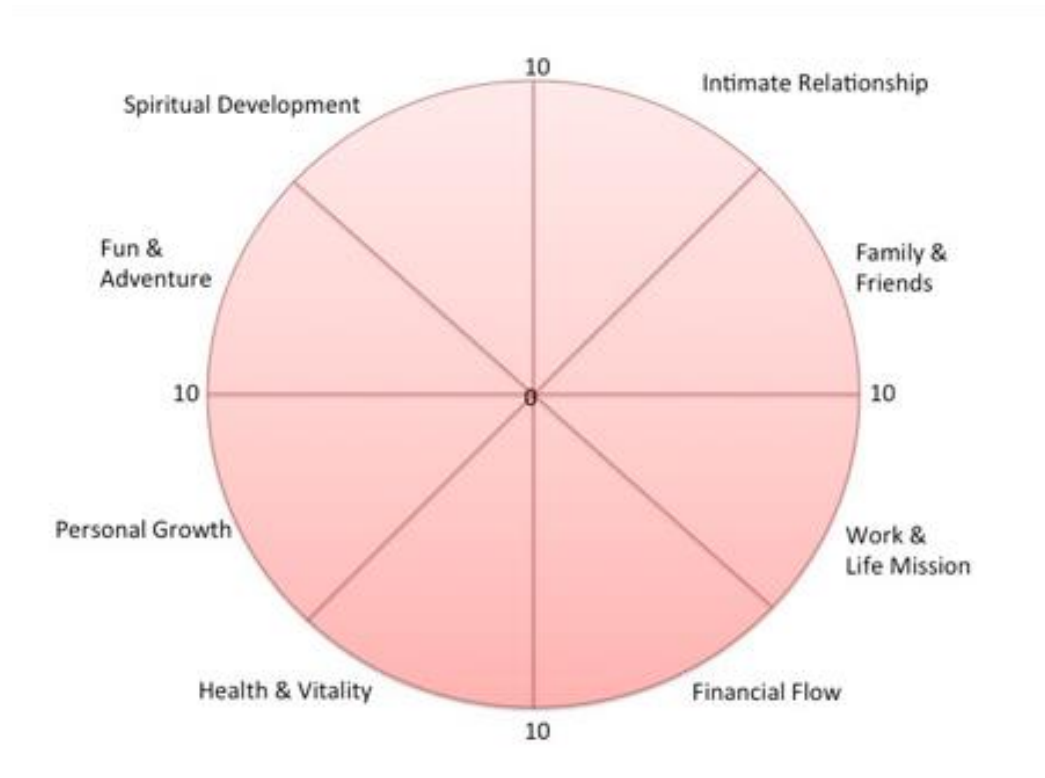


## Wheel of Life

The Wheel of Life is a great tool to assess different areas in your life and see how you are doing. The wheel contains eight sections that, together, represent one way of describing a whole life. **Have a look at the 8 sections and rate the relevant section on a scale between 0-10.**

0 means 'I am not satisfied about this at all'. A 10 means 'I am totally happy with the situation as it is right now'. Next step is to **draw a line** between these numbers. Straight or curved it doesn't matter.

**What does your wheel look like right now?**



*Fill in with no judgement. No second thoughts. Whatever comes up first for us is often the right thing. And be 100% honest about where you are at this moment. Remember, that's the starting point to moving forward.*