

## The Wheel of life Activity.

This activity is to encourage you to think about all the different areas of your life. It is a great tool to help you work out initially, what area of your life, you would like to see improved.

The wheel is structure in such a way, that you want it to roll smoothly as it travels along. So if there is any one area that is fantastic, yet the rest of the wheel is mismatched, then your wheel does not roll smoothly.

The aim of the Wheel of Life activity is to visually represent your current level of satisfaction in the different areas of your life.

As you think about each area of your life, what score would you give it?

The centre point is a zero. As in completely absent of success, no signs of progress or happiness and no good feelings.

The outer most edge is a 10. As in couldn't be any better, feeling great, awesome and it is completely fulfilling with lots of shiny sparkles on it.

Where would you draw your score?

Now that you have honestly and accurately depicted where you are, in the different areas of your life. You can begin to zero in on where to start.

I hope that you have found this activity useful.

# Wheel Of Life

