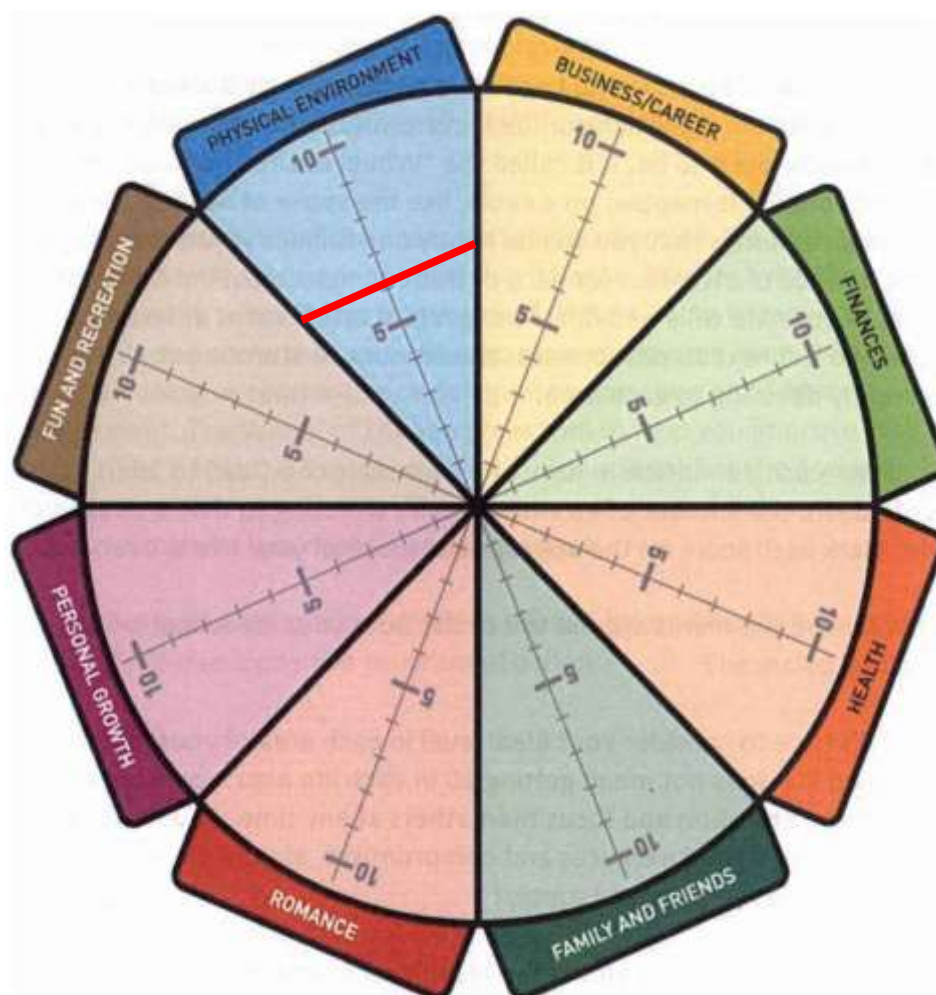


# Wheel of Life

## How to complete the wheel:

First assess where you are in each area of your life now, i.e. how successful or fulfilled you are and decide on a number from 0-10, where 0 is least satisfied and 10 is most satisfied. Then draw a line across the slice. See example under *physical environment*. Please read about the benefits of the wheel below. N.B. You can change or remove a label that may not be relevant to you.



## Benefits of the Wheel of Life:

The Wheel of Life is a simple but powerful tool that gives us a "bird's eye" view of our lives and helps us to better understand just how balanced our lives are and which areas require our attention. Please note this is a snapshot in time and not a permanent state of mind or being. You are likely to have a different result in a few weeks' or months' time.

*Live with intention. Practice wellness.*

[www.PracticeWellness.co.uk/coaching](http://www.PracticeWellness.co.uk/coaching)