

The Wheel of Life

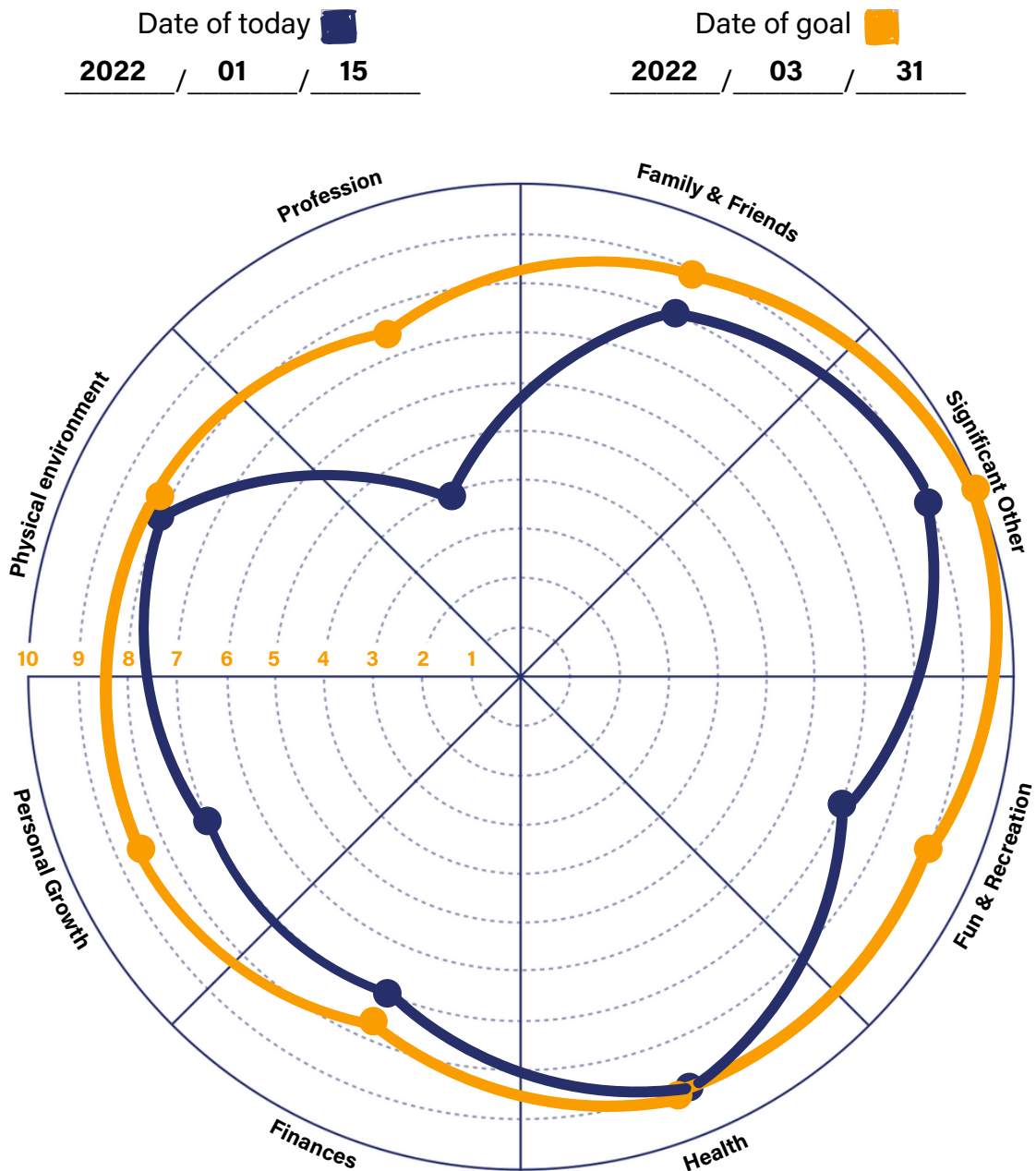
The wheel of life is a representation of your life and its most important aspects.

It helps you to get clarity on what areas you need to focus to making your life run smoothly. As the name says, it is a "wheel", and a wheel runs best, when it is round. So, let's make your life wheel round and big to let it roll smoothly.

How it works:

1. Rate your current level of satisfaction (1 = low, 10 = high) and draw with one color a dot on the level in the respective field.
2. Connect the dots and see how round the circle / wheel is.
3. Take a second color and draw now dots on the level you would like to have your satisfaction on a specific date in future. By concentrating on the areas where the biggest drop is, you will have the biggest impact on making your life run smoothly.

Example



The Wheel of Life

Date of today

Date of goal

____/____/____

____/____/____

