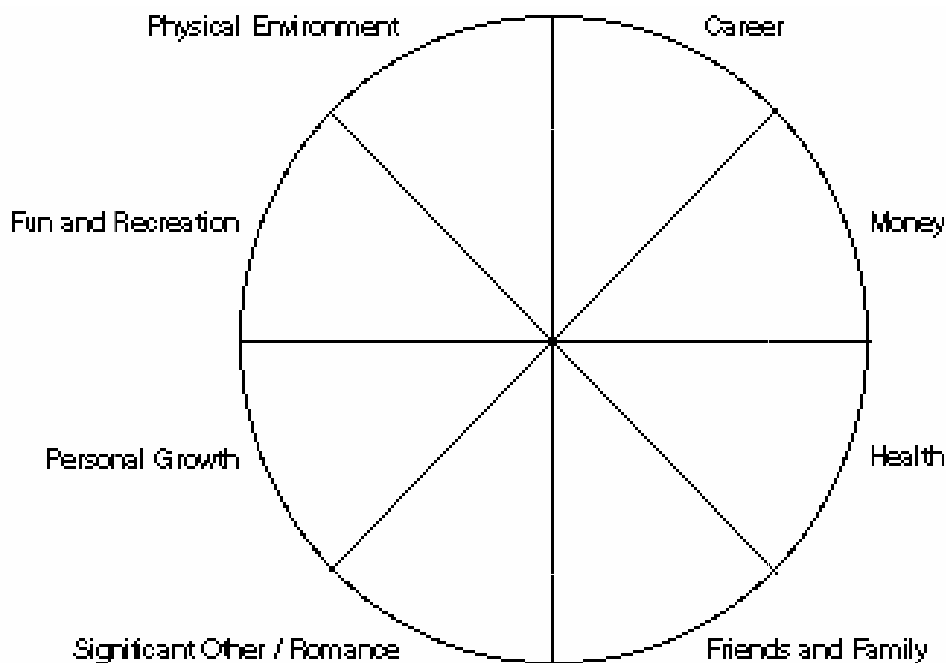


## **The Wheel of Life:** something to help you to decide where to concentrate your efforts.

Take a look at this wheel. It has eight sections which represent different parts of life. Imagine giving each section a score, with 10/10 meaning that this area of your life is in fine shape. Imagine that 10/10 would be represented by drawing a line on the outer edge of the circle and 0/10 would be represented by drawing a line near the middle. Intuitively what score would you give for each part of your life as per this diagram? Are there any aspects of your life that are important yet not covered here? If there are, draw them in and add your line to represent the score.

If these lines representing your score formed a wheel what sort of a ride would you have?

Which areas of your life attract the lowest scores? Which ones the highest?



You could try taking a low scoring area and ask yourself...What would improve this score by one? If this score improved by one how would it affect other parts of this wheel?

**Contact me if you would like a free consultation about the outcomes of this exercise. I would be happy to discuss this with you.**

Contact Ann for a free consultation about this.  
Tel 01837 83511. E-mail [ann@changebychoice.co.uk](mailto:ann@changebychoice.co.uk)