SPEAKERS & SEMINARS

The Wheel of Life

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Your Name:
Date:
Step #1: Consider each area in turn, and on a scale of 0 (low) to 10 (high), mark how satisfied you are with it. Mark each score on the appropriate spoke of your Life Wheel
Step #2: Join up the marks around the circle.
Where does it lose shape the most? What could you do to get that more into shape?
Step #3: (Optional) Use the result as your basis for your goal setting ahead