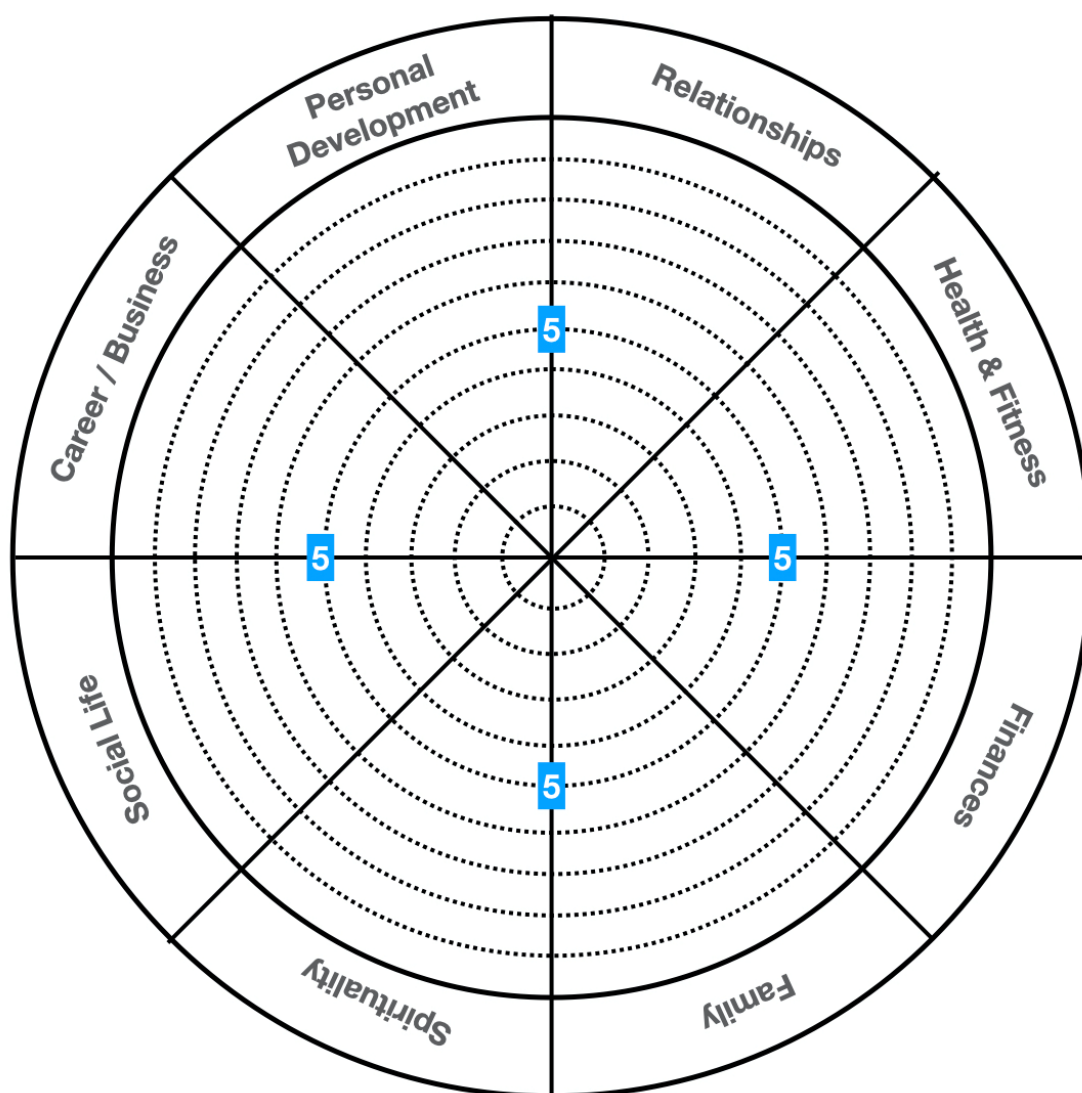


THE WHEEL OF LIFE



- Print this off and fill in each area on the wheel from 0 to 10 according to how satisfied you are with each aspect of your life.
- '0' is in the centre and represents not at all satisfied, '10' is on the outside and represents complete satisfaction. You can use different colours to bring an added layer of mindfulness to the exercise.
- Tackle each area in order of importance to you now.
- Write down the percentage of your total available time that you spend on each area
- Capture the things would make each area a '10' for you.