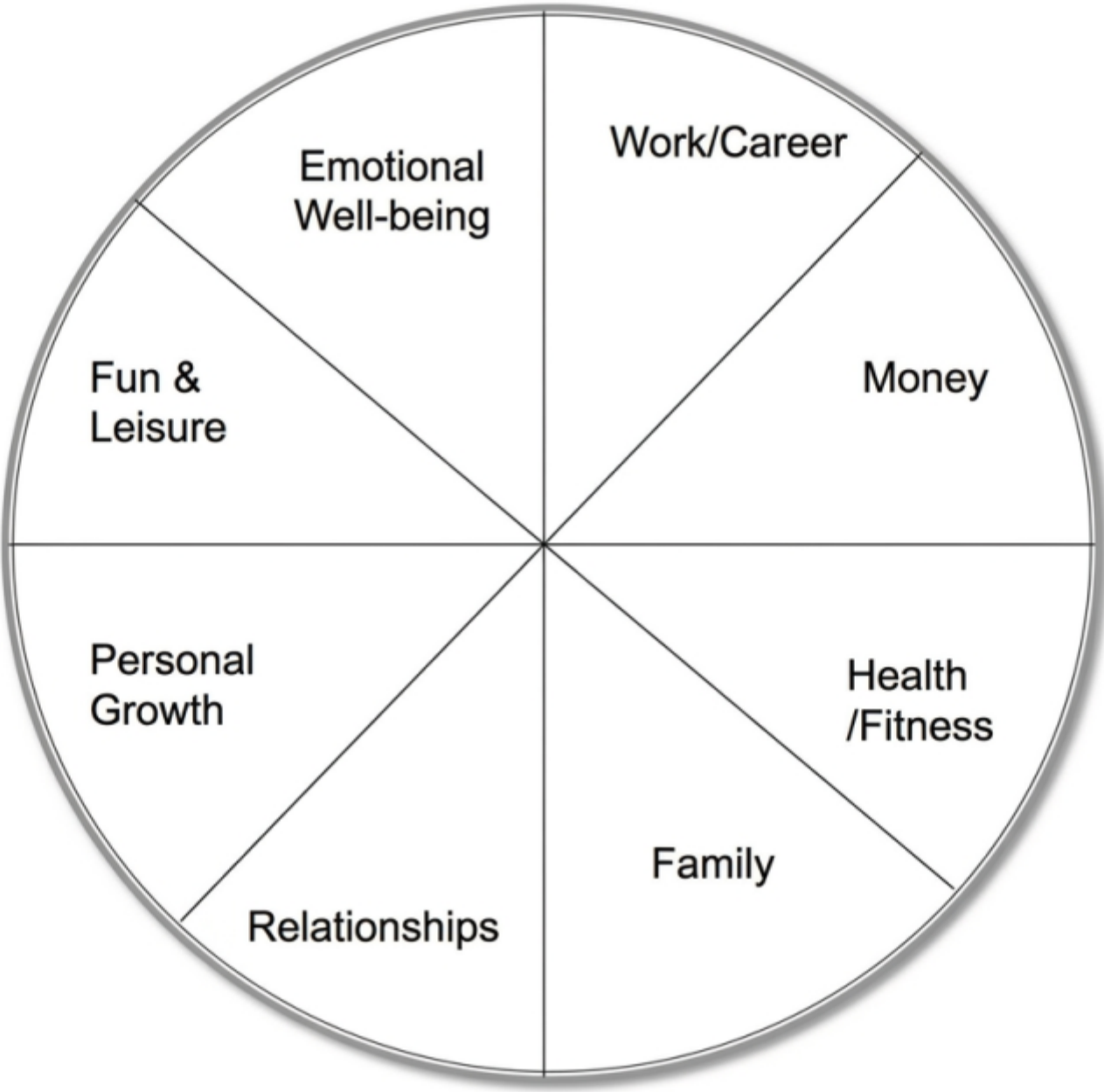


Wheel of Life

How do I complete the Wheel of Life?

It is beneficial that you consider how fulfilled you feel in a number of areas in your life. In order to help you do this you could complete the Wheel of Life below by putting a number out of **10** for each segment.



Which areas feel full? Which feel empty?

What’s one area you’d like to focus on this month?

What would a ‘10’ look like in that area?