

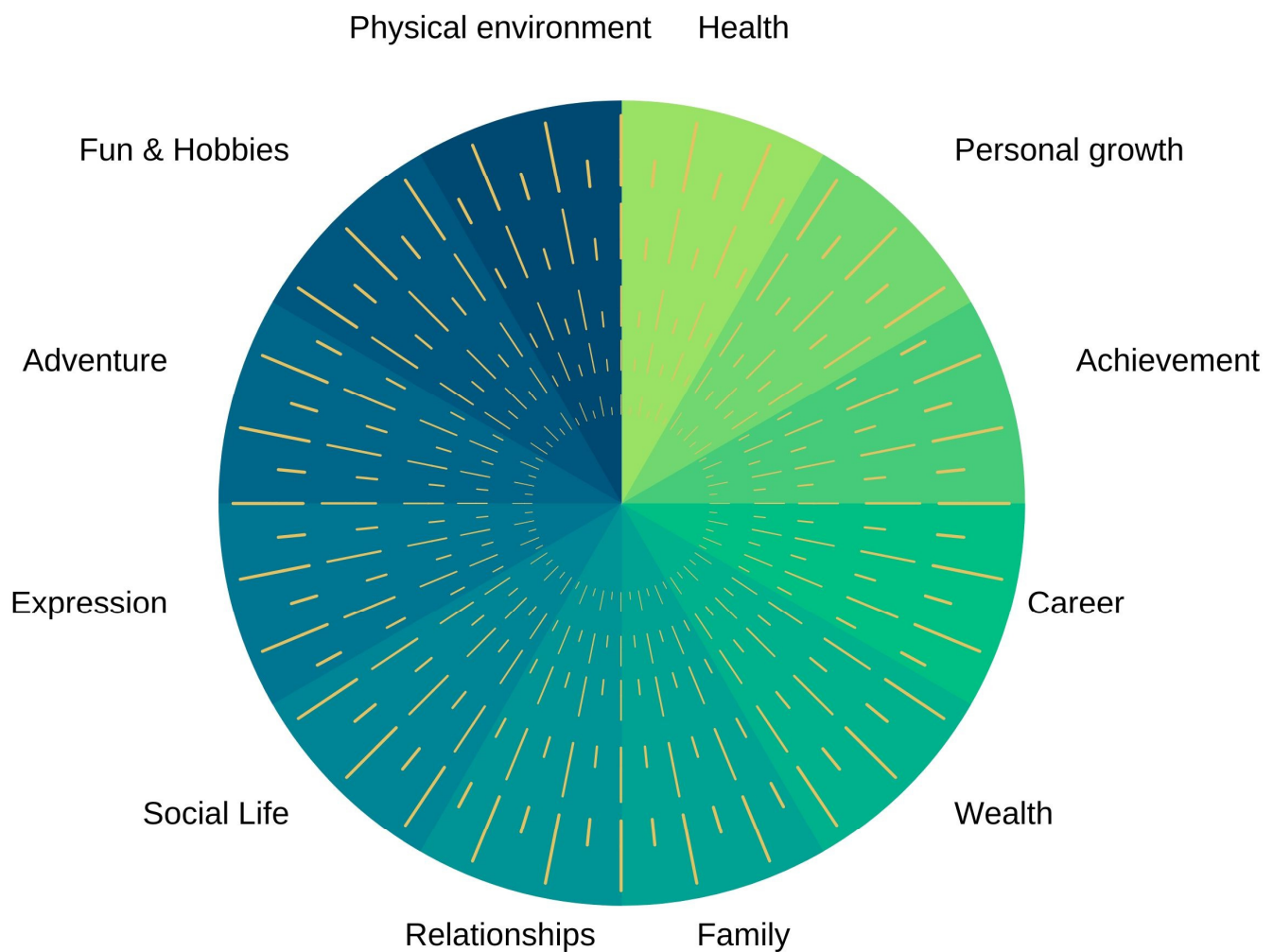


# Taking Stock of your Life

## Life Wheel – another tool to take stock

Have a quick look at these 12 areas of your life, and rate how you are doing in each area, identifying a point on the wheel as you work your way around. Then, plot the results.

I typically suggest to clients that they have a look at this every 8-12 weeks, to track improvement.



### What would you like to do about this?

1= low / not where I would like to be

10 = high / acing it / exactly how I want to be