



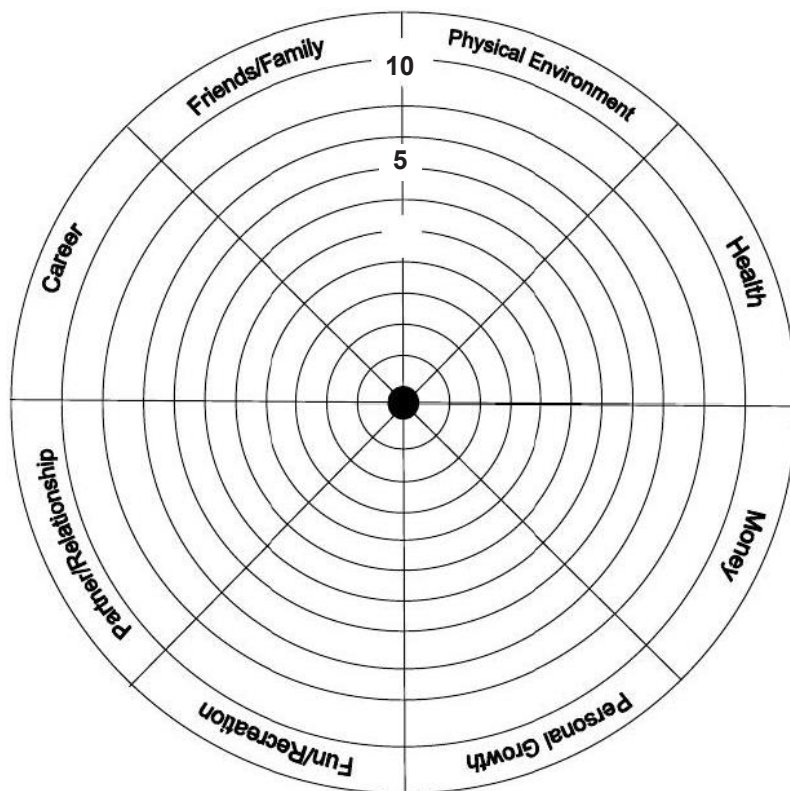
# THE WHEEL OF LIFE – PERSONAL WELLBEING

To help you make important changes in your life and to make those changes effective, it is vital to be aware of which aspects of your life need attention. This Wheel of Life will give you an overview of how your life appears at the moment.

To help you discover which areas of your life would benefit from being changed, use the wheel to determine what adjustments are needed and where they could be most beneficial.

The Centre of the Wheel is 0 = totally dissatisfied.  
The Outer Ring is 10 = totally satisfied.

Mark each of the sectors below from 0 -10 with an X to indicate how satisfied you are with those aspects. Join the Xs up and this will **show** you how **balanced your life is and where you should make adjustments.**



Always consult your GP if you are concerned about your health