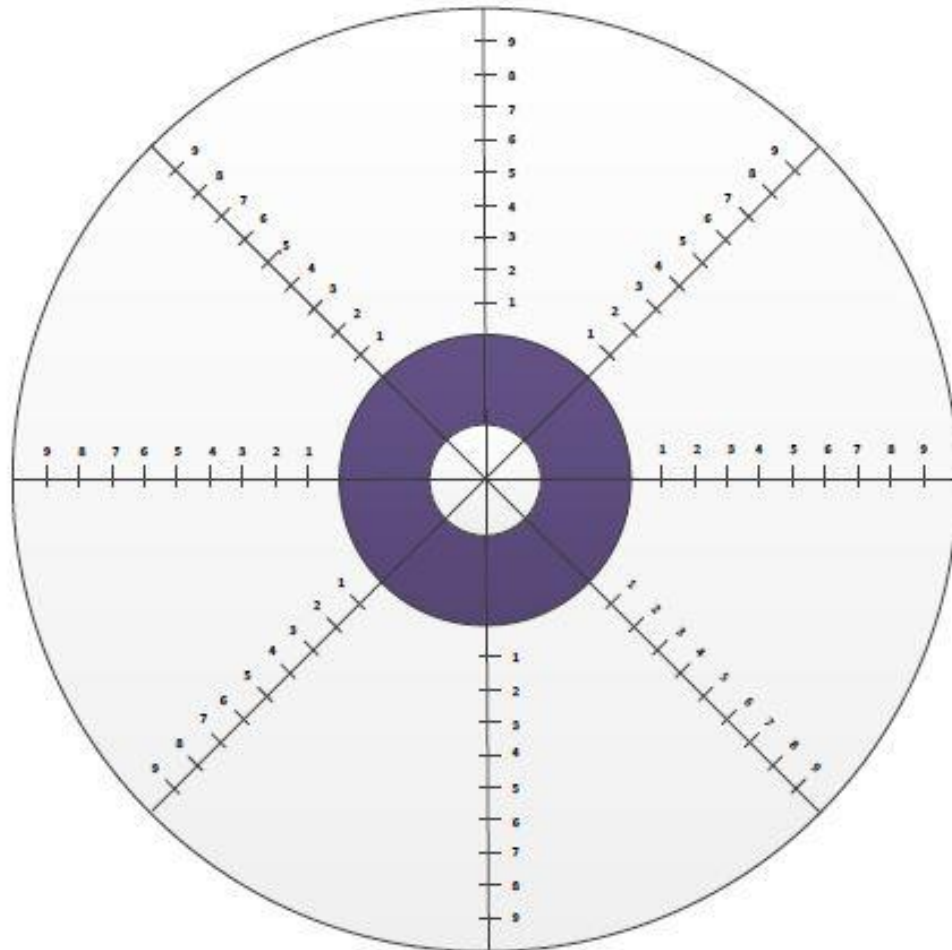


The Elephant In The Mirror

Wheel of Life



1. Give each section of the wheel a heading and rate how satisfied you are with this area of your life out of ten.

Examples of possible headings:

- Family
- Friends
- Partner/Relationship
- Money/Finance
- Career/Job
- Health/ Appearance/Weight
- Personal Growth/Spirituality
- Hobbies/Interests
- Travel
- Volunteering/Community
- Physical Environment

2. How 'perfect' is your circle?

3. What do you need to do to make it a circle again?

Wheel of Life

