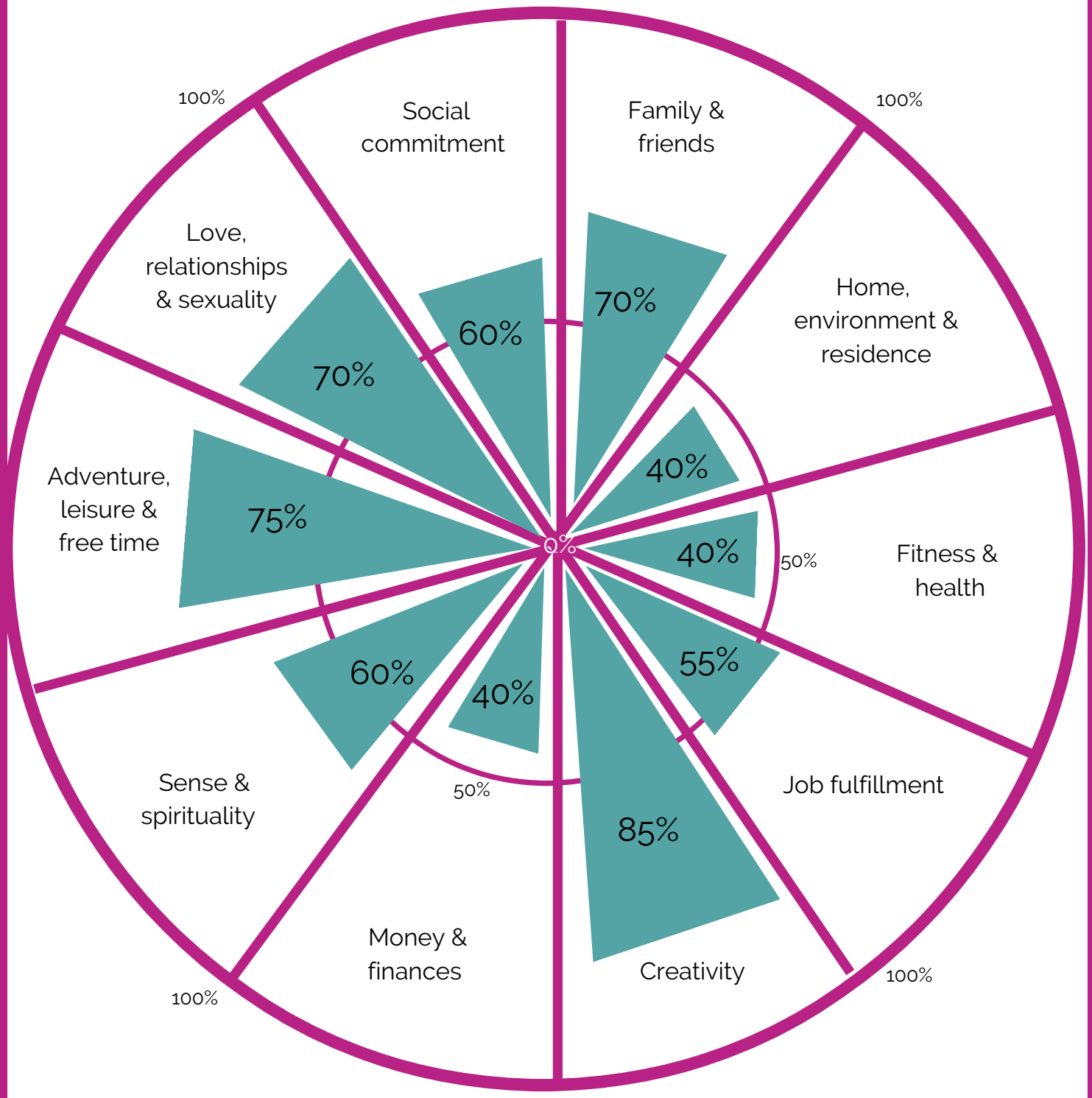
Wheel of life

Wheel of life (example)



This is how you use the wheel of life

First of all HELLO&THANK YOU for downloading this.
Please print out Page 1 - The wheel of life.

Then please take a closer look at all areas of your life.
Which parts of your life are you happy with and where do you want some improvement?

What is really important for the work with this wheel?

Be conscious about every part of your life, according to the 10 parts written in the wheel and become clear about how happy you are.
E.g. imagine your family life and/or your friends. How do you feel when you think about your family & friends. Which emotions can you discover? Are you happy? 100% or 20&?

Now take a look at the next part of your life. Fitness & health are you happy with your level of fitness and your level of health? And again ask yourself are you happy 100% or maybe 50% or only 30%?

And then draw a line into the piece of this wheel. If you are only happy 10% you can only draw a line very close to the inside. If your are 100% happy, you can color in the whole piece (page 2 is an example).