



The wheel of life is a good way to check-in with yourself.

Think of it as an inventory of where you are now, which can be useful. This is a cognitive process and can begin to open new doors. It will help identify the main issues and point you towards what you want in the future - your desired outcomes.

Directions:

All 8 sections of the wheel are purposefully left blank. It is for you to come up with a heading for each one.

Possible suggestions are- relationships, family, physical health, mental health, finance, career, creativity, leisure, lifestyle, fitness, ambitions, friendships.

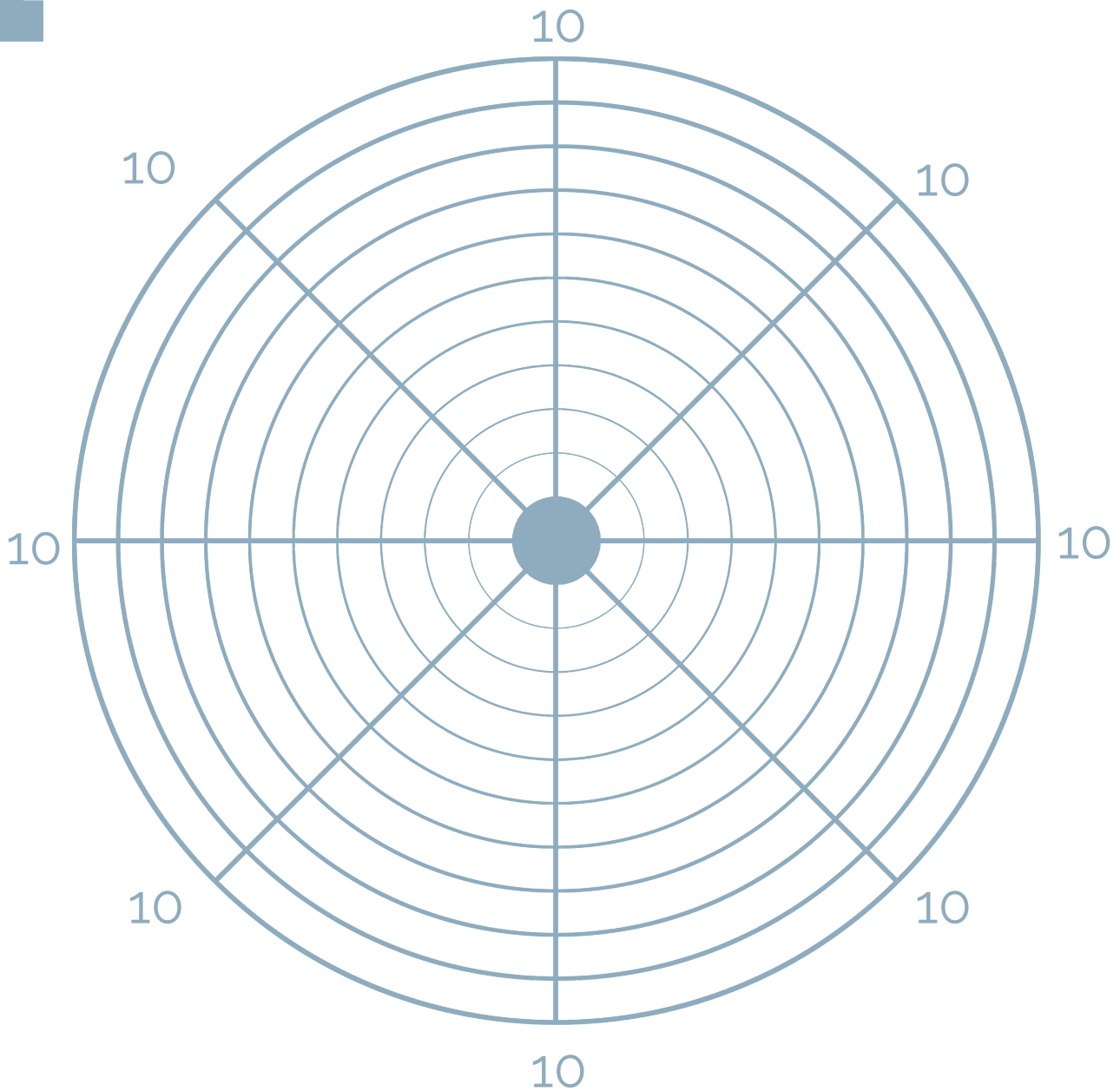
You are not bound by these, however, and it's best to pick 8 categories that directly fit you.

When you have done this, score each session 0-10, 10 signifying this is a perfect area of your life that couldn't be going any better, 0 signifying an extremely problematic area which gives you a serious cause for concern.

The completed wheel of life will provide us with the talking points for our 1st session where we will begin to prioritize your needs and set goals.

Please remember this is non-judgemental.

Awareness of your starting point is the key to moving forward on your own journey.



Please fill in an outer heading for each of the eight segments of the wheel. Headings could be - relationships/ family/ mental health/ career/ finance/ creativity/ physical well being/ self confidence etc- but feel free to come up with your own, tailor-made ones.

The ticks represent the score for each section, 10 ticks in a section would indicate that you are fully satisfied with this area of your life. Conversely, 0 ticks in a section would indicate an extremely problematic aspect of your life. By clicking on the pre-existent ticks you can remove them and lower your score. If you remove ticks and then decide to reinstate them, simply hover where they used to be and click the mouse.

To create an accurate picture, honesty is the best policy.