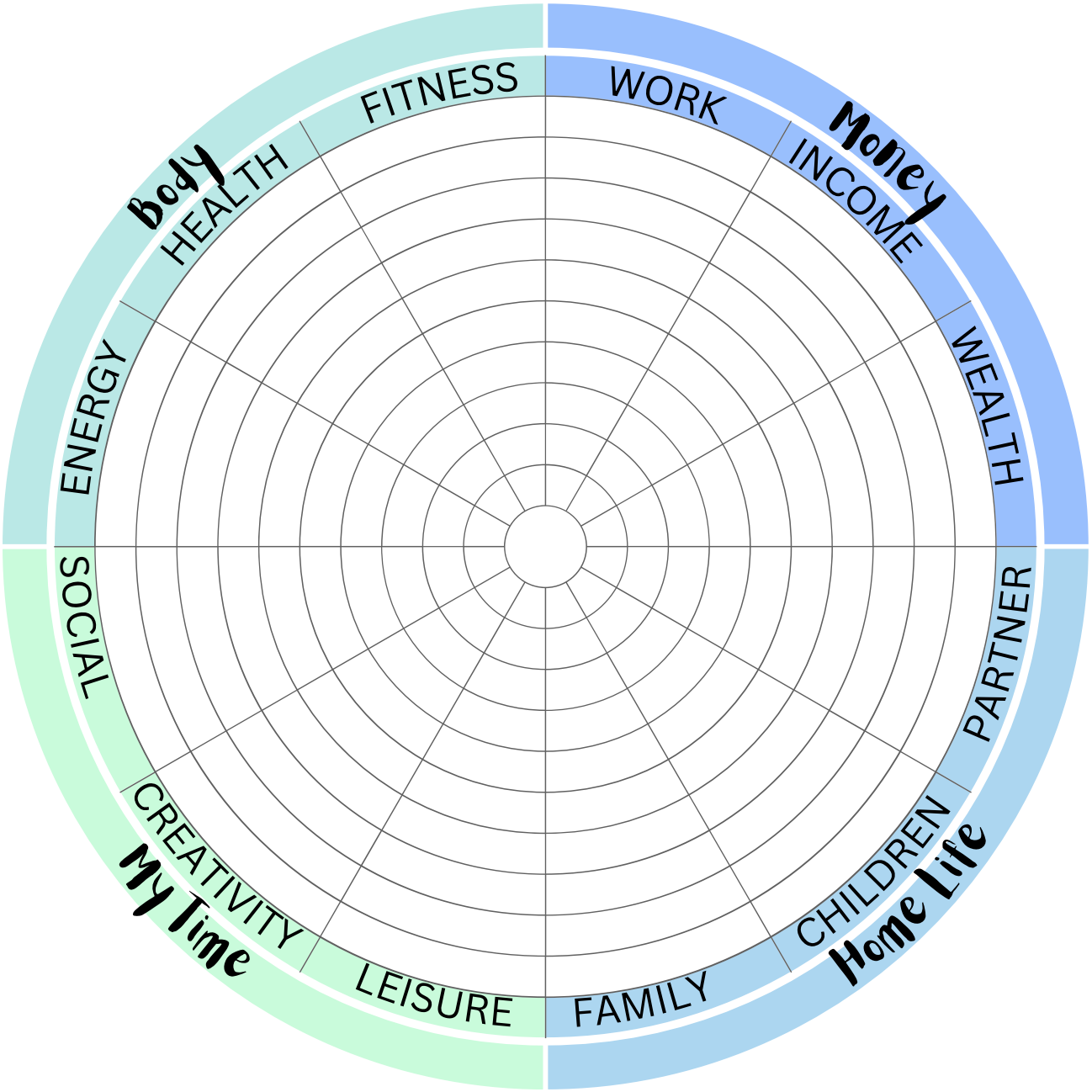
Wheel of Life

Use the Wheel of Life to inventory where you are at right now. You can create a plan for change based on which areas you would like to work on.



Consider each segment in turn and colour in the sections scoring yourself out of 10 for each domain.