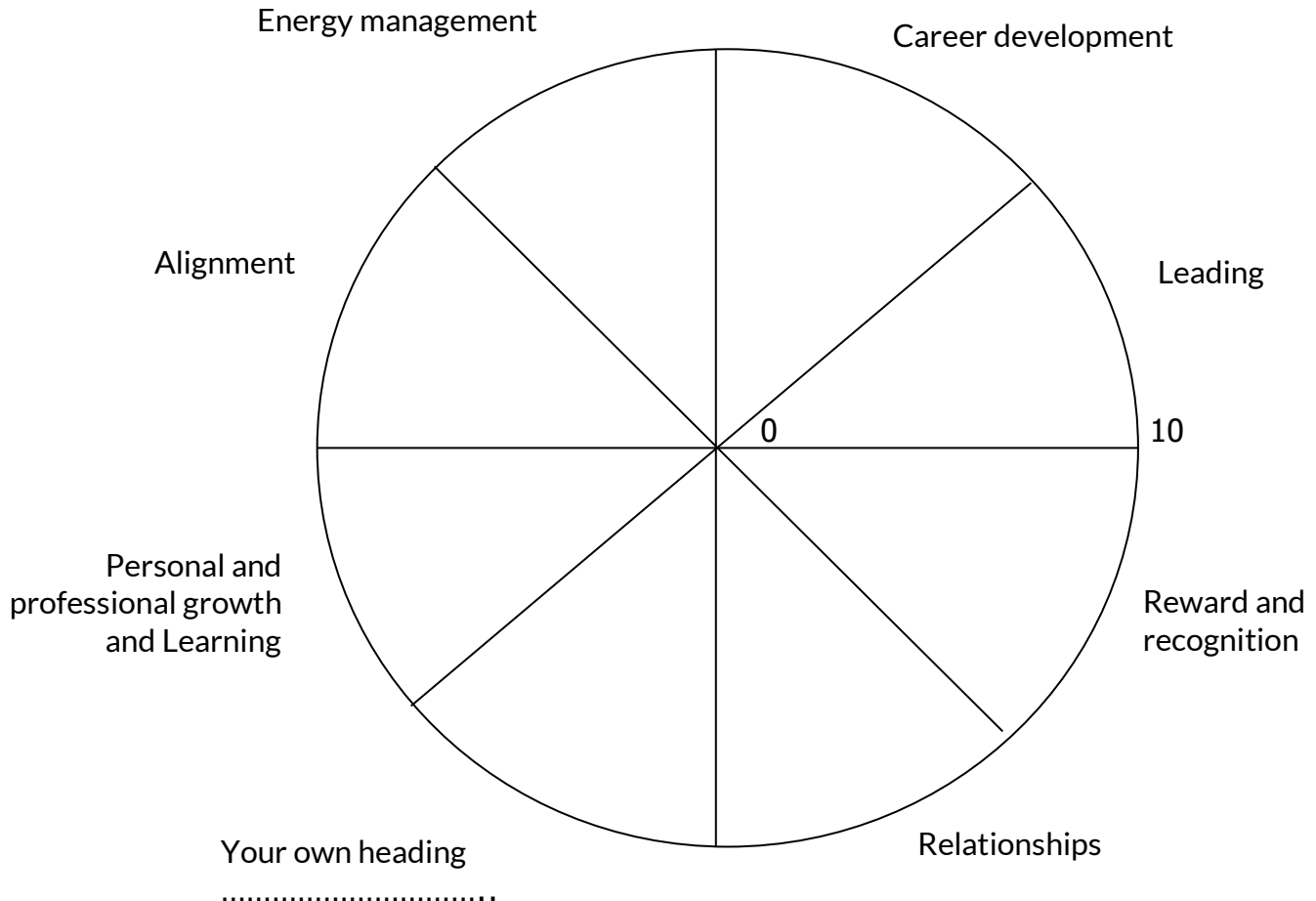




Wheel of Work



Instructions

The 8 sections in the Wheel of Work represent balance.

- ❖ Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- ❖ Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- ❖ The new perimeter of the circle represents your 'Wheel of Work'. Is it a bumpy ride?

