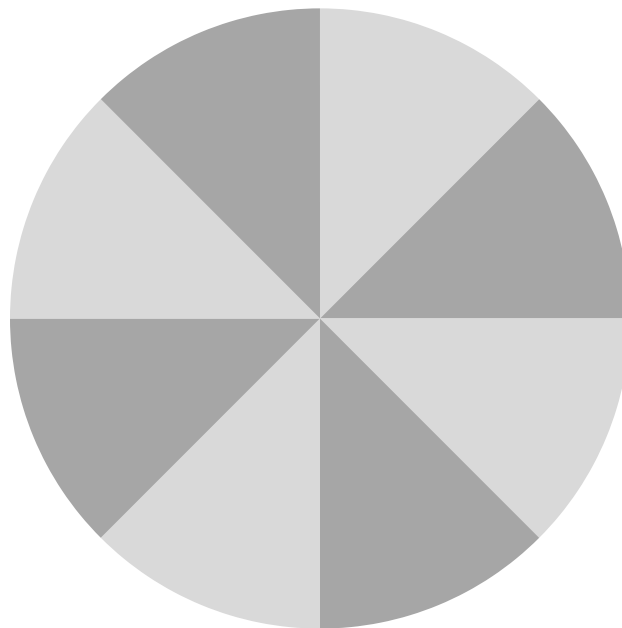


# The Wheel Of Life

This tool is designed to help you map out how fulfilled you feel in each section of your life, resulting in a clear visual that shows where the balances and imbalances are and what areas of your life need more focus and energy.

Below are some examples but you can label each section however you like. The idea is that you highlight or block out as much of each section that feels like a visual representation of how fulfilled you are. For example if you felt that you were about 50% fulfilled in your career, you could highlight or block out 50% of that section.

- Career
- Personal Development
- Social      ■ Family
- Hobbies and Interests
- Physical Health
- Mental Health      ■ Finances





When you have highlighted each section in a way that you feel represents your fulfilment, take a moment to reflect on the following questions:

**Am I surprised with how balanced or imbalanced my Wheel Of Life Looks? what surprises me or doesn't surprise me the most and the least?**

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.....

**Am I drawn towards any particular section or sections to investigate further and get curious about? Why is this? What draws me here?**

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**Can I see that any of my sections are connected? For example if one feels low is that directly causing others to feel low too? If one feels full, is that helping to fill others?**

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Is there one baby step I can take today to begin to fill up any of my sections?

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## Affirmation:

I am free to take the steps and make the changes that will enable me to live a more fulfilled and balanced life.



I hope this tool and the reflections have helped you to gain an insight into how your life can start to feel more balanced and knowing where you are starting from.

With kindness,

Emily x