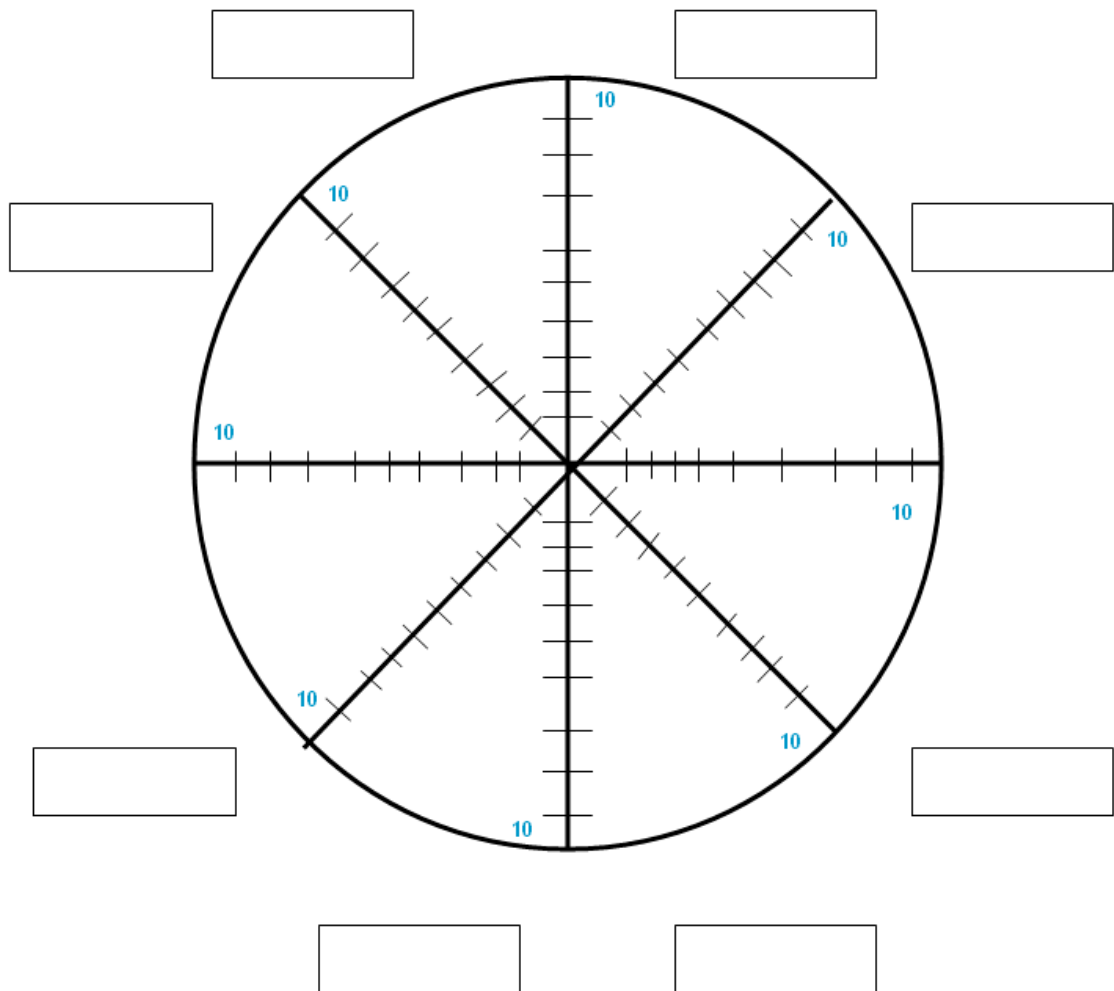




PARADIGM SHIFT

Wheel of Life Exercise



Step 1: The eight spokes of the wheel represent different aspects of your life. First decide which aspects are the most important to you. There are some suggestions below, but you can adapt what's given or choose others. When you have decided write one in each of the eight boxes.

Physical Environment	Retirement
Family	Motivation
Friends	Confidence
Career	Spirituality
Money	Personal Growth
Health & Well-being	Fun & Recreation
Significant Other	

Step 2: The centre of the wheel is 0 (not even a little bit satisfied with that aspect of your life) and the outer edge is 10 (totally satisfied). Give each of the eight chosen aspects of your life a mark out of 10, and make a cross or mark on the relevant spoke.

Step 3: The next bit is to draw a line across each segment to reflect your score out of 10.

Step 4: Now you know where you are in each segment, the next step is to work out what your perfect 10 would look like. Write down your thoughts, and then you'll free up some space to think some more. It helps to imagine that time and money are no object, so you're free to think clearly rather than putting obstacles up.

Step 5: Now you have a clearer picture of where you are now, and where you want to go in the future, you can enjoy the huge benefits of having a Personal Development Coach. We will discuss your Wheel at your first coaching session, and use it as a template to take your life forwards.