

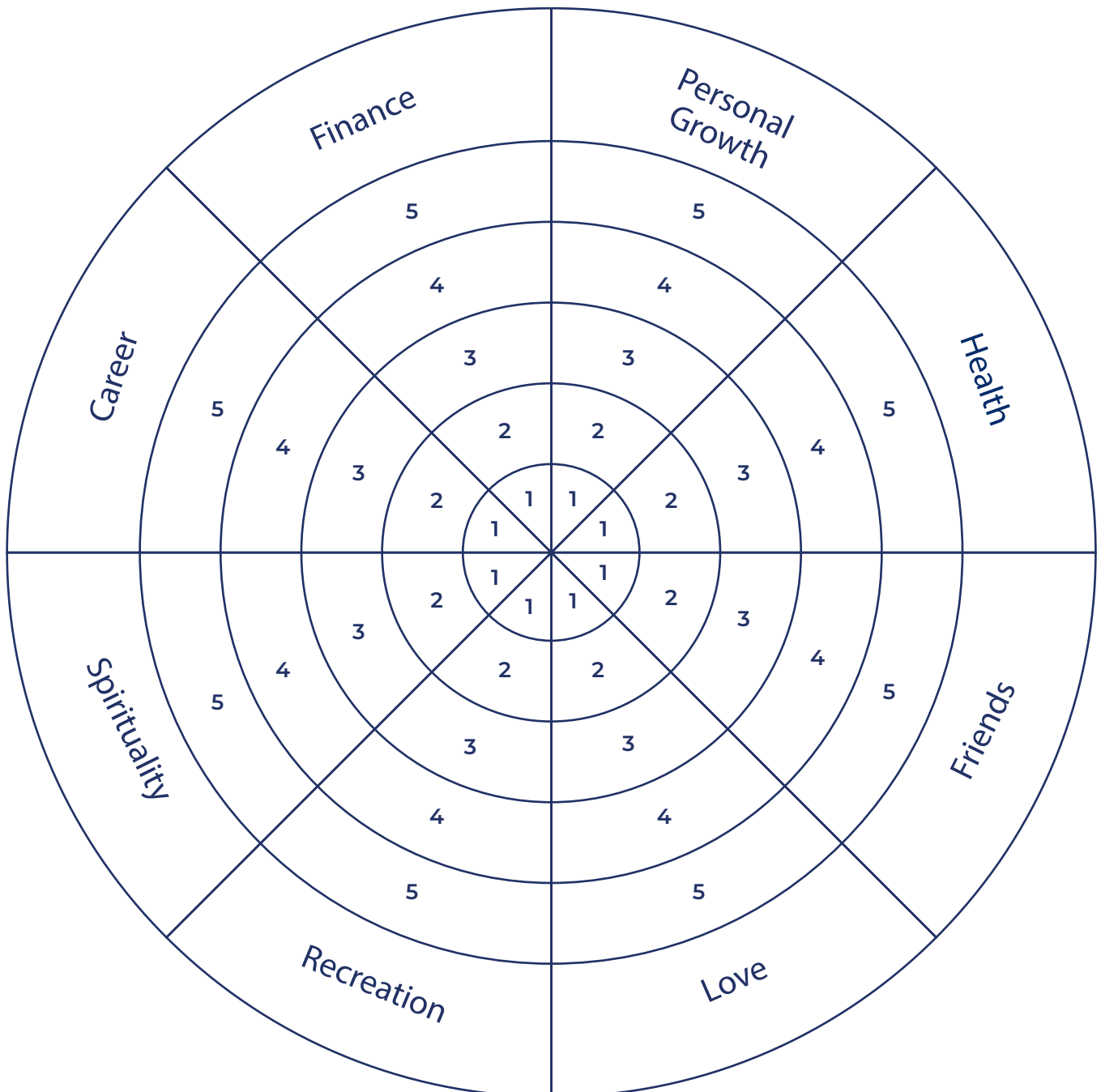
# The Wheel of Life



## What is the Wheel of Life

When life is busy, or all your energy is focused on a special project, it's all too easy to find yourself off balance, not paying enough attention to important areas of your life. While you need to have drive and focus if you're going to get things done, taking this too far can lead to frustration and intense stress. That's when it's time to take a "helicopter view" of your life, so that you can bring things back into balance. The Wheel of Life is powerful because it gives you a vivid visual representation of the way your life is currently, compared with the way you'd ideally like it to be. It is called the "Wheel of Life" because each area of your life is mapped on a circle, like the spoke of a wheel.

The eight sections in the Wheel of Life represent different aspects of your life. You can either use the pre-populated sections as set out in the first wheel or use the blank wheel and put in your own. All 8 categories, when combined, should create a balanced view of life for you personally.



# The Wheel of Life



Career

Finance

Friends

Love

Personal Growth

Health

Recreation

Spirituality