Wheel of life

Eight areas rated from 0 to 10 — an overview of where life has tilted.

> Dissatisfaction is often diffuse and impossible to get hold of. Ratings gather it in one place. Look at the **shape of the whole**, not at individual ratings — and choose a single area for the next step.

Ratings

AREA	RATING 0–10	WHAT +1 WOULD MEAN	WHAT HOLDS ME THERE

The areas

1. Health · Work · Money · Partnership · Family · Friends · Free time · Personal growth

Choosing

Which area, raised by one point, would change the most?

What is the first step?

For personal use.