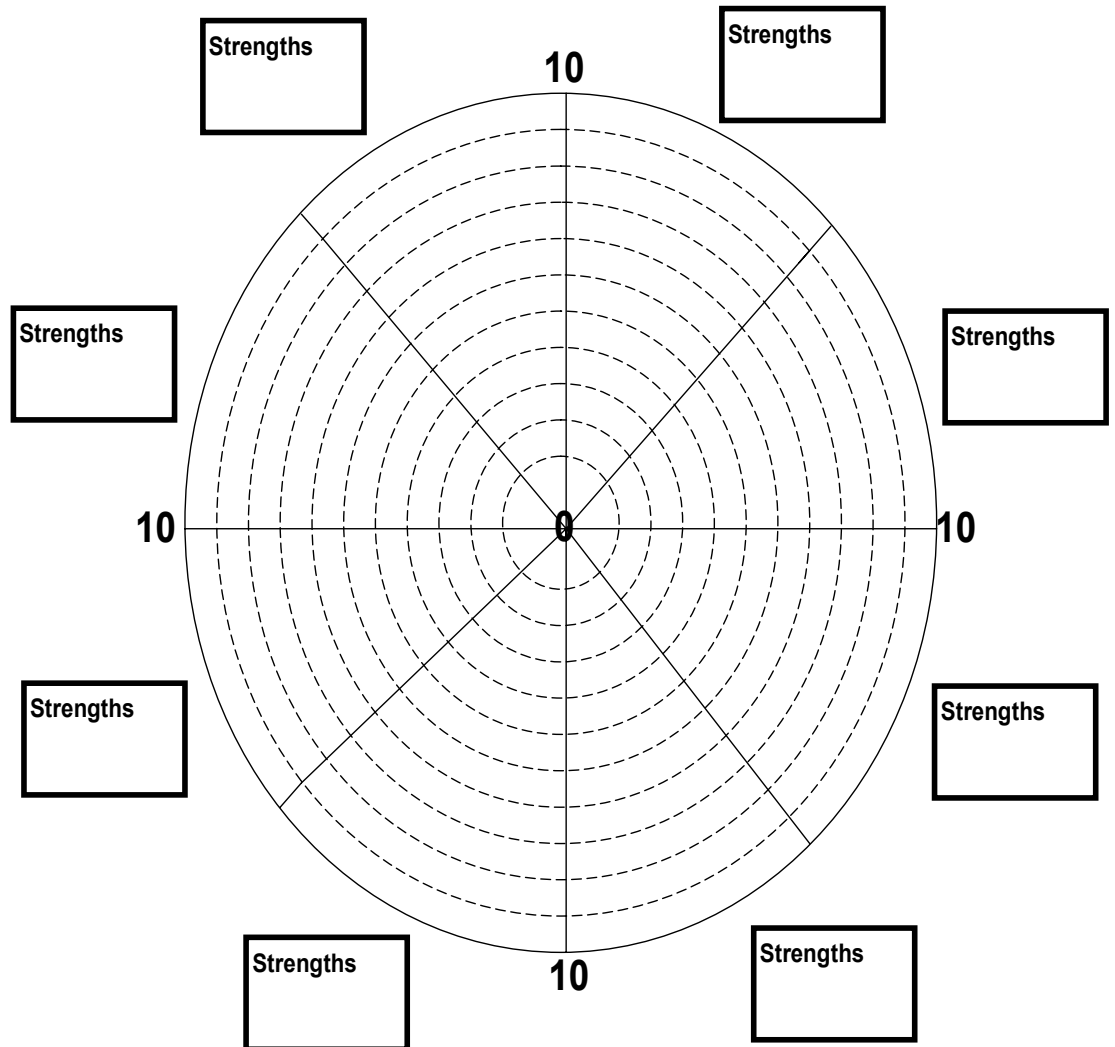




### **Wheel of Life**

#### Instructions on using the Wheel of life

- The purpose of the wheel of life is to find out where balances or imbalances lie within your life. Zero at the centre of the circle represents total dissatisfaction (centre of the circle) and 10 being satisfied on the boundary of the circle
- You can use any category you wish to and the following are just examples: Family, Health, Wealth, Friendships, Career, Work
- For each segment of the circle, rank your score according to how you feel now. Please note these scores may change as your circumstances change.
- Join up the dots for each of the segment and you will see where balances/imbalances may occur.
- Ask yourself the following question: What could I be doing to take this area of my life to a different level?



Please contact the Aim High Limited team for a FREE exploratory coaching session and see how you can put the balance back into your life. Contact us on +44 207 241 3646 or email us at [contact@aimhighltd.com](mailto:contact@aimhighltd.com).