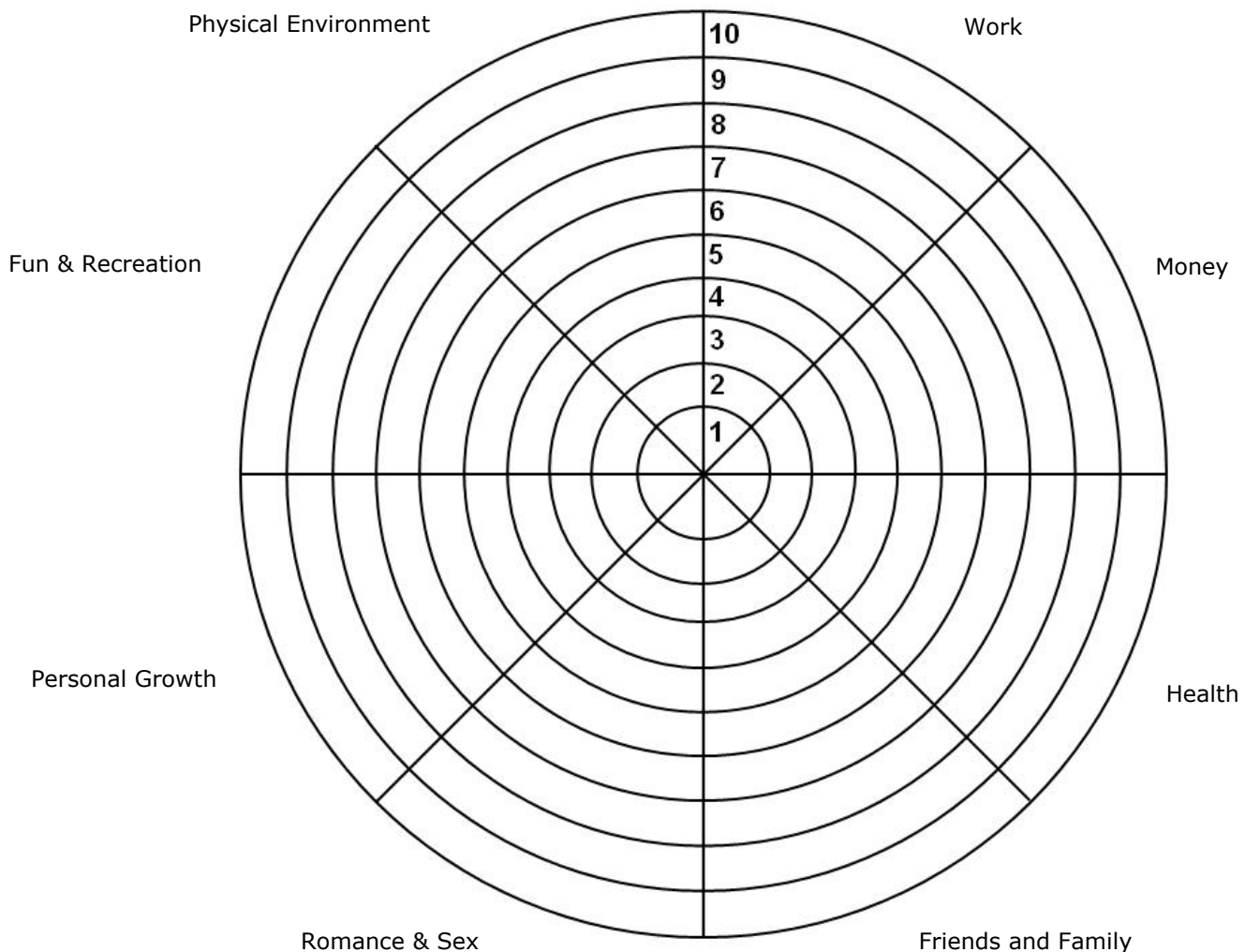


Designing your Future

When you're reflecting on the changes you want to make in your life and what you would like to be different, it is essential to first establish where you are now. The exercise below will help you reflect on your current situation:

Wheel of Life



Directions: The eight sections in the Wheel of Life represent 'balance'. Think of the centre of the circle as 0 and the outer edge as 10. Rank your current level of SATISFACTION/SUCCESS (0=Very Low, 10=Very High) in each area of your life by drawing a line to create a new outer edge for that segment of the circle. The new perimeter represents your Wheel of Life.

Now take some time to reflect on what you would like to be different in each of these areas of your life...

Work/Career

What do you want more of in this area of your life? What do you want to be different? What do you want to keep?

Describe below what this area of your life would be like if you were a 10? *What would your life be like? What sort of things would you be doing? How would you feel?*

Money/Finances

What do you want more of in this area of your life? What do you want to be different? What do you want to keep?

Describe below what this area of your life would be like if you were a 10? What would your life be like? What sort of things would you be doing? How would you feel?

Health/Fitness

What do you want more of in this area of your life? What do you want to be different? What do you want to keep?

Describe below what this area of your life would be like if you were a 10? What would your life be like? What sort of things would you be doing? How would you feel?

Friends & Family

What do you want more of in this area of your life? What do you want to be different? What do you want to keep?

Describe below what this area of your life would be like if you were a 10? What would your life be like? What sort of things would you be doing? How would you feel?

Significant Other/Romance

What do you want more of in this area of your life? What do you want to be different? What do you want to keep?

Describe below what this area of your life would be like if you were a 10? What would your life be like? What sort of things would you be doing? How would you feel?

Personal Growth

What do you want more of in this area of your life? What do you want to be different? What do you want to keep?

Describe below what this area of your life would be like if you were a 10? What would your life be like? What sort of things would you be doing? How would you feel?

Fun & Recreation

What do you want more of in this area of your life? What do you want to be different? What do you want to keep?

Describe below what this area of your life would be like if you were a 10? What would your life be like? What sort of things would you be doing? How would you feel?

Physical Environment

What do you want more of in this area of your life? What do you want to be different? What do you want to keep?

Describe below what this area of your life would be like if you were a 10? What would your life be like? What sort of things would you be doing? How would you feel?

