

Practical Tool 3:

Wheel of life print out

Print out the wheel of life below and select the domains that have relevance to you and rate your level of satisfaction from 1-10 in each of the domains. A score of 1 means you are not satisfied at all, while a score of 10 means you are highly satisfied.

After you've rated each of the domains, shade in that segment to form an inner wheel. This will give you an overview of the level of satisfaction in your life right now

Now give each domain a number to indicate its importance or priority. E.g. rank all domains from 1 onwards where 1 is the domain that is most important to you. Sometimes people have 2 domains that are of equal importance

