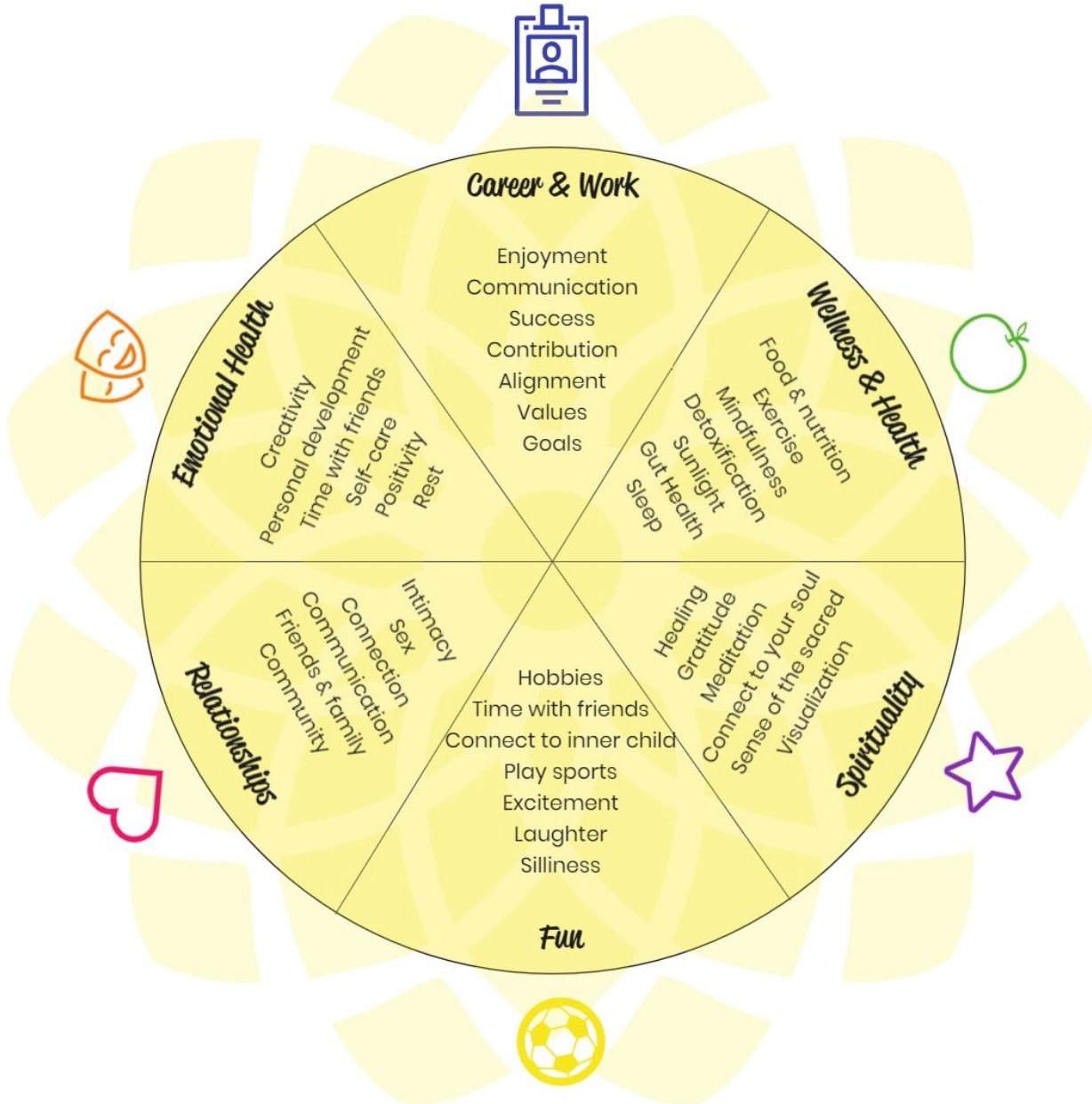


# The Wheel of Life



**Rate each area 1-10 in terms of satisfaction.**

1 = completely dissatisfied with this area at present.

10 = 100% satisfied with this area at present.

# Wheel of Life Scores (1-10)

Emotional Health:

Work/Career:

Wellness & Health:

Spirituality:

Fun:

Relationships:

## **Some areas of life needing a boost?**

Best advice is to start small, and pick one or two small things you can begin straight away. Aiming too high, or doing too much, may not help but simply increase your stress. Also, when you improve one area of your life, it has a positive domino effect on multiple other life areas as well!

If some areas feel stuck, blocked, tricky, or even “impossible”, then contact David at **Your Real Dreams** today for coaching, programmes, and upcoming webinars/seminars.