
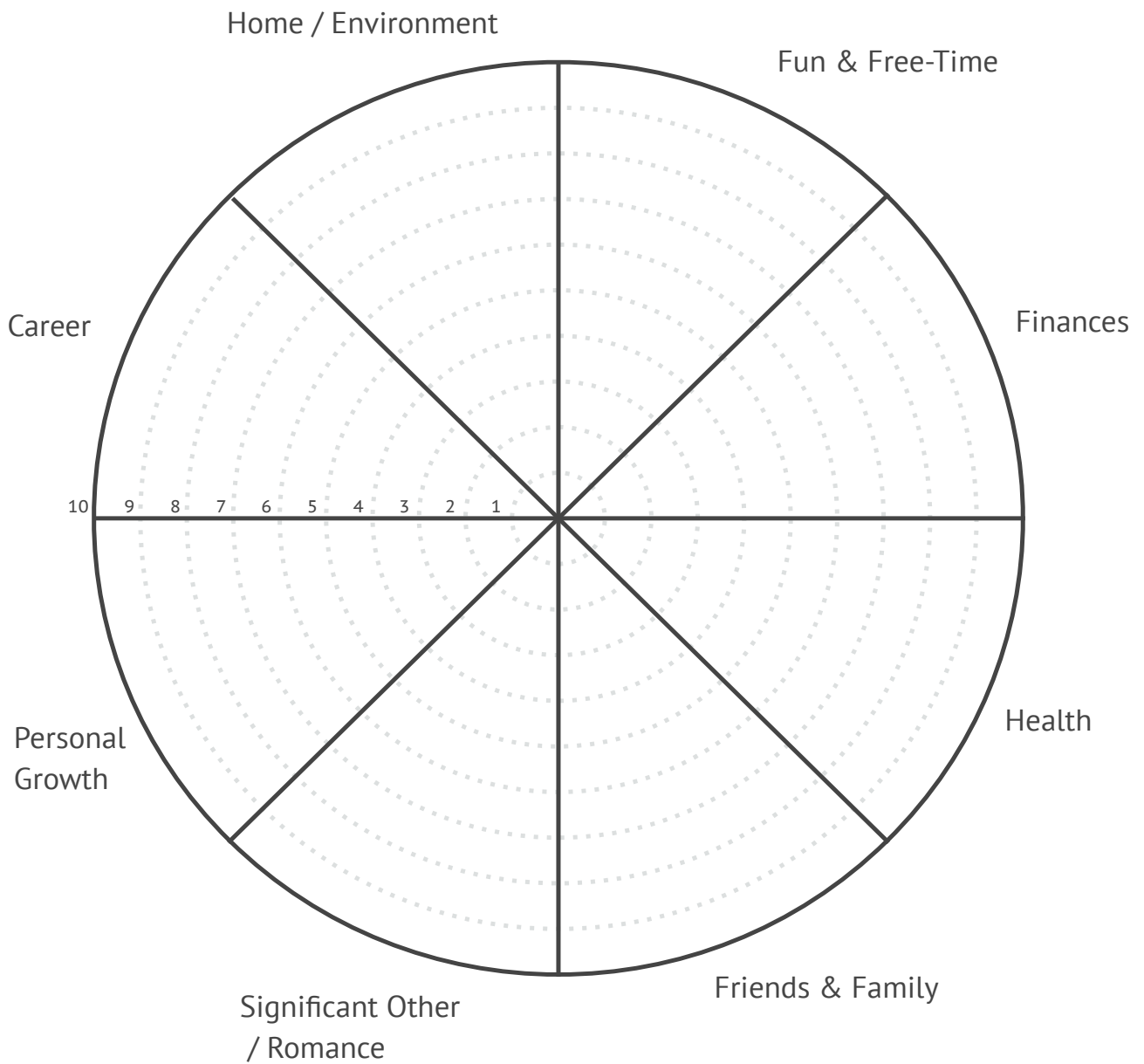


Wheel of Life



 15 Minutes

 Visualise all the important areas of your life at once to identify which areas you are fulfilled in and which need more work.



Wheel of Life



Life area	I want to achieve	Next steps
Friends & Family	See my parents more often and improve our relationship	I will call Mum today and ask her whether I can come around and visit

1. Re-label the wedges if needed so that all the important areas of your life are represented.
2. Think about whether you are meeting your goals for each area. Next, assign each wedge a score from 1-10 that reflects your **current** level of fulfilment in that area.

1 = extremely unfulfilled; 10 = extremely fulfilled

3. Fill in each wedge so that the size of the wedge is representative of the score you have given it.
4. Once you have filled in all of the wedges, take a look at the wheel as a whole and take some time to reflect:
 - Are there any big discrepancies between areas?
 - Why do you think this is?
 - How would you feel if those low scoring areas were to improve?
 - What can you do to improve them?
5. Choose **one area** to focus on first and use the table to write down what you would like to achieve in that area in the long-term.
6. Then, write down one (or more) specific steps you will take in the next week in order to move closer to that goal and **act on them**.
7. Repeat for each of the areas you would like to improve and monitor your progress by revisiting your wheel at the end of the month to see how it has changed.

Next Steps

Now continue your MyMynd journey to improve your wellbeing by exploring the Wellness Centre for further relevant resources and support.