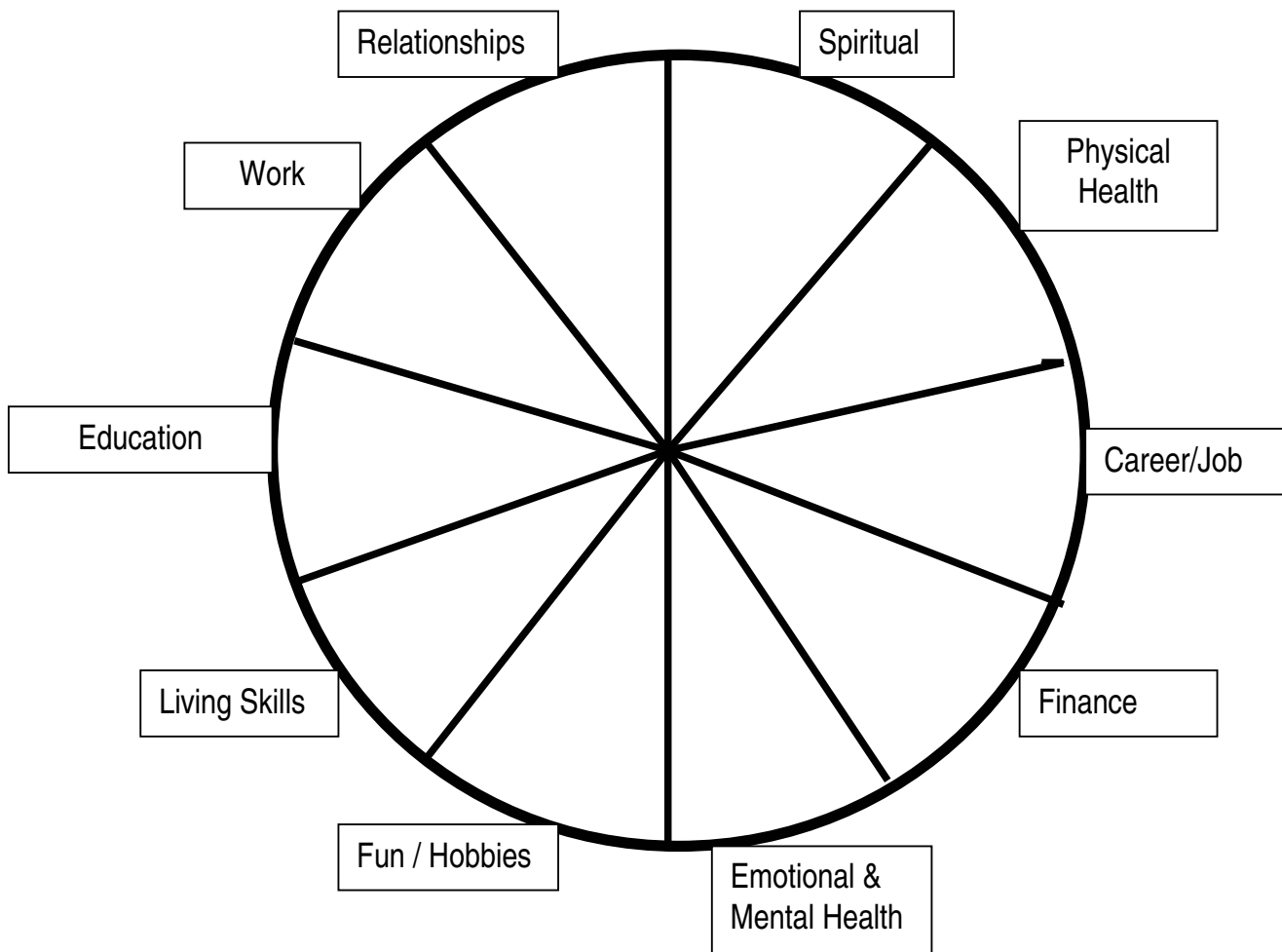


## How's Your Wheel Travelling?



- The purpose of this tool is to aid you to evaluate how you feel about aspects of your life and set goals for the future.
- It can be filled out by colouring in the sections to represent how you feel about that aspect of your life or you can place a line in the pie piece indicating how full or fulfilled you are in that area.
- After you have completed this wheel for your current situation, take a fresh wheel and express how you would like to be living your life in a period of time. Whether it is 6 weeks, 6 months or 6 years.
- Take both wheels and place them side-by-side. You can set goals by looking at how you would like to move towards wheel 2 from wheel 1.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Wheel No: \_\_\_\_\_

If wheel No. 2 what is the goal Date: \_\_\_\_\_