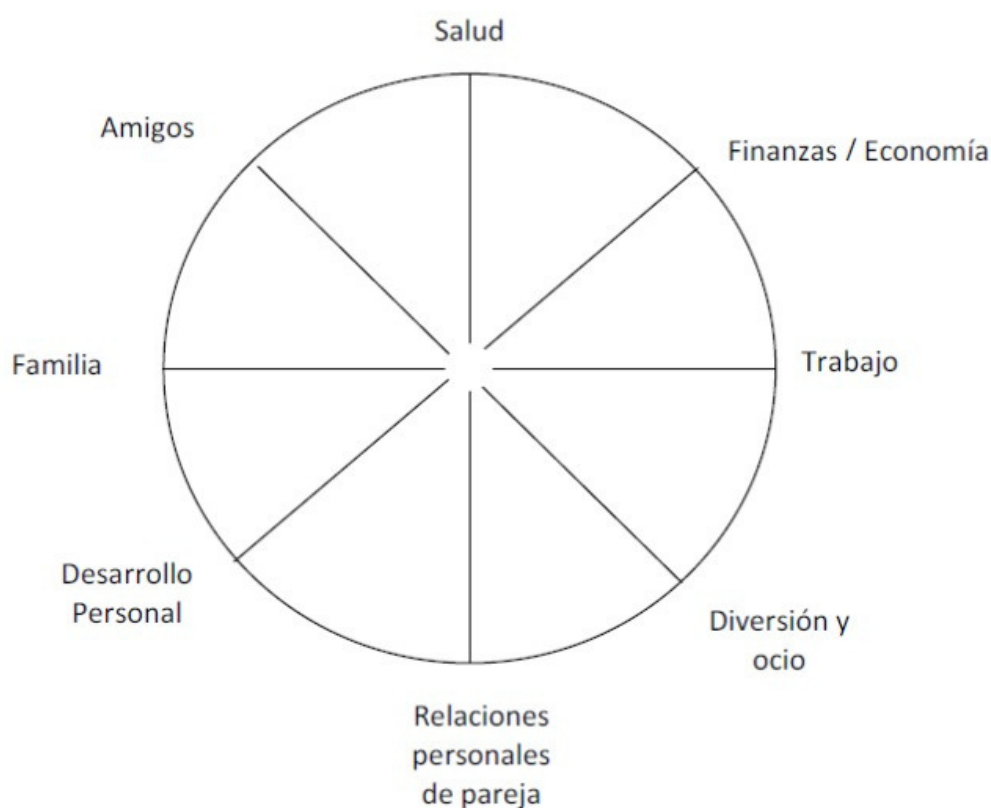


WHEEL OF LIFE

It is a very effective tool to improve the balance of your life. It helps you to graphically identify the areas in your life in which you have to dedicate more energy and more work, and in a very short time. It also helps you understand where you need to set a boundary.

It is divided into different categories or areas that are important to most of us. The way this wheel of life works is that we ourselves evaluate **our level of satisfaction in each of the areas or categories.**



To start using it we would do the following:

Evaluate

We would have to put a score from 1 to 10 to each of the plots. For example, where it says health, we see that it is followed by a line that goes towards the center. That straight line would determine a scale. If we marked a point very close to the center we would be talking about a 1, if we marked a point near the name "Health", we would be practically at 10. Simple, right?

Connect the dots

Once we have put the score in each of the lines, what we have to do is join the points by means of lines as seen in the following example. Obviously each person will have a completely different form.