Recreation

Personal Development

Relational

Physical Environment  
(eg. Home)

Career

Finances

Health

Social

0

10

**EXAMPLE**

8

9

7

2

4

5

8

6

# The Wheel of Life Exercise

1. On the wheel above, mark down how happy you are with each area of your life with 0 being it couldn’t get any worse and 10 being the best thing ever.
2. Looking at your ‘wheel’ do you think it is a smooth or bumpy ride?

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1. What is the first thing that comes into your head as you look at your wheel?

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4. How do you feel about your life as you look at your Wheel?

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1. How do you currently spend time in the areas of personal development and

career?

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1. How would you like to spend time in these areas?

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1. What are three actions you could take to improve each of the above two areas?

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1. When are you going to do these actions by?

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1. Who could help you to achieve these goals?

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1. As you think about your answers, what would you like to learn more about (personal development). This might include specific career tasks, or it may be more general, such as reading novels or TV guides, writing letters, reading maps, using a calculator or reading a bus timetable. This could be thinking about a course you would like to study.

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1. What helps you to learn? For instance, are there any barriers, for example the need for glasses; medication or family issues; unsuccessful previous schooling etc. Other learning supports may include being able to identify a preference for small groups, extra time, one on one support, a mentor, voice recorder, computer, dictionary, calculator, etc.

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