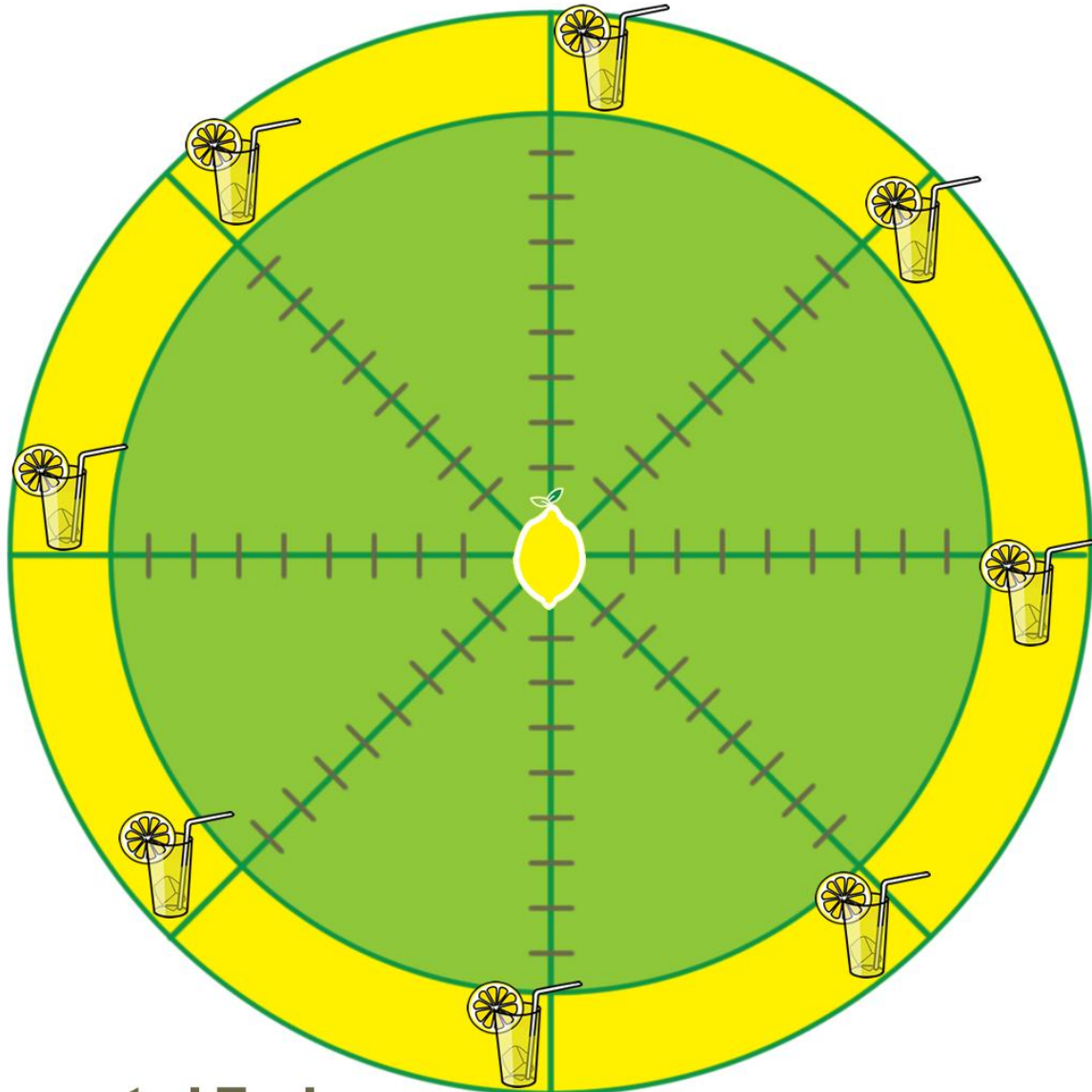


making lemonade

Wheel of Life

Because when life deals you lemons there's only one thing to do.....!



Suggested Topics

Health
Wealth
Fun

Hobbies
Significant Other
Study

Romance
Personal Growth
Contribution

Self Image
Family
Friends etc

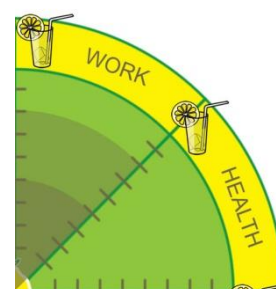
Wheel of Life

Because when life deals you lemons there's only one thing to do.....!

How It Works

The centre of the wheel is zero and is represented by a lemon (dissatisfaction). The circumference is ten and is represented by lemonade (total satisfaction). Each notch along the segment line is a grade from one to ten.

Decide which eight areas of your life you are going to look at and write the area in the edge of each segment. Consider how you feel about each of the areas you have identified and create a piece of the segment where you would grade it from zero to ten. The objective is not to have scored ten in every area of your life. The idea is to create a visual representation of how you feel about your life currently. Once you have done this grade each segment where you would like each segment to be.



Next Steps

Select a segment that you want to feel more satisfied with.

Ask yourself:

1. What is the best possible outcome you want to achieve?
2. What makes this important to you?
3. What needs to happen for you to feel more satisfied in this area of your life?
4. What is your first step?

By giving specific answers to these four questions you can begin to plan and take action to improve this area of your life.

Steph Cutler is a motivational speaker, personal development trainer and life coach. If you are up for support to explore your options, create a vision for your future and a path to make it happen check out,...

<http://making-lemonade.co.uk/making-lemonade-coaching/>

It's all about the lemonade!

