

# WHEEL OF LIFE

The purpose of this exercise is to look at your life from all angles. Our goal is to establish where you are in each area. This isn't just so you can see where you are weak and put all your time energy and attention there. Our goal is to help you see where you are strong and what it is that allows you to be so strong in that area. How can you move that to other areas of your life so you create a more balanced wheel?

