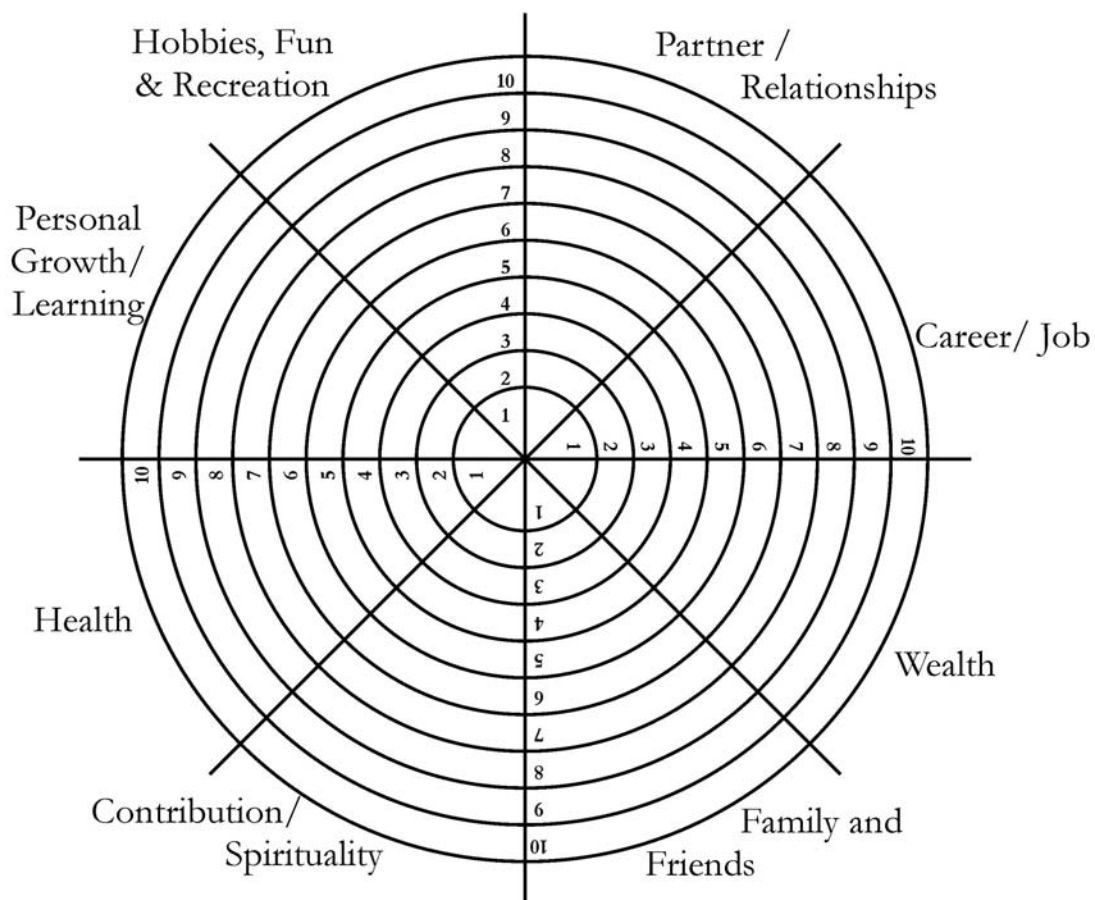


# Your Wheel of Life

In each segment, colour in the block that corresponds to the number that you'd use to rate your current happiness about that aspect of your life.



Now have a look at your wheel. Would it roll evenly, or would it give you a bumpy ride?

The more evenly balanced and the bigger the wheel, the happier you're likely to be, and the more likely that happiness will be sustained. So:

**These are the areas I'm going to pay less attention to, from today**

**These are the areas I'm going to pay more attention to, from today**

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