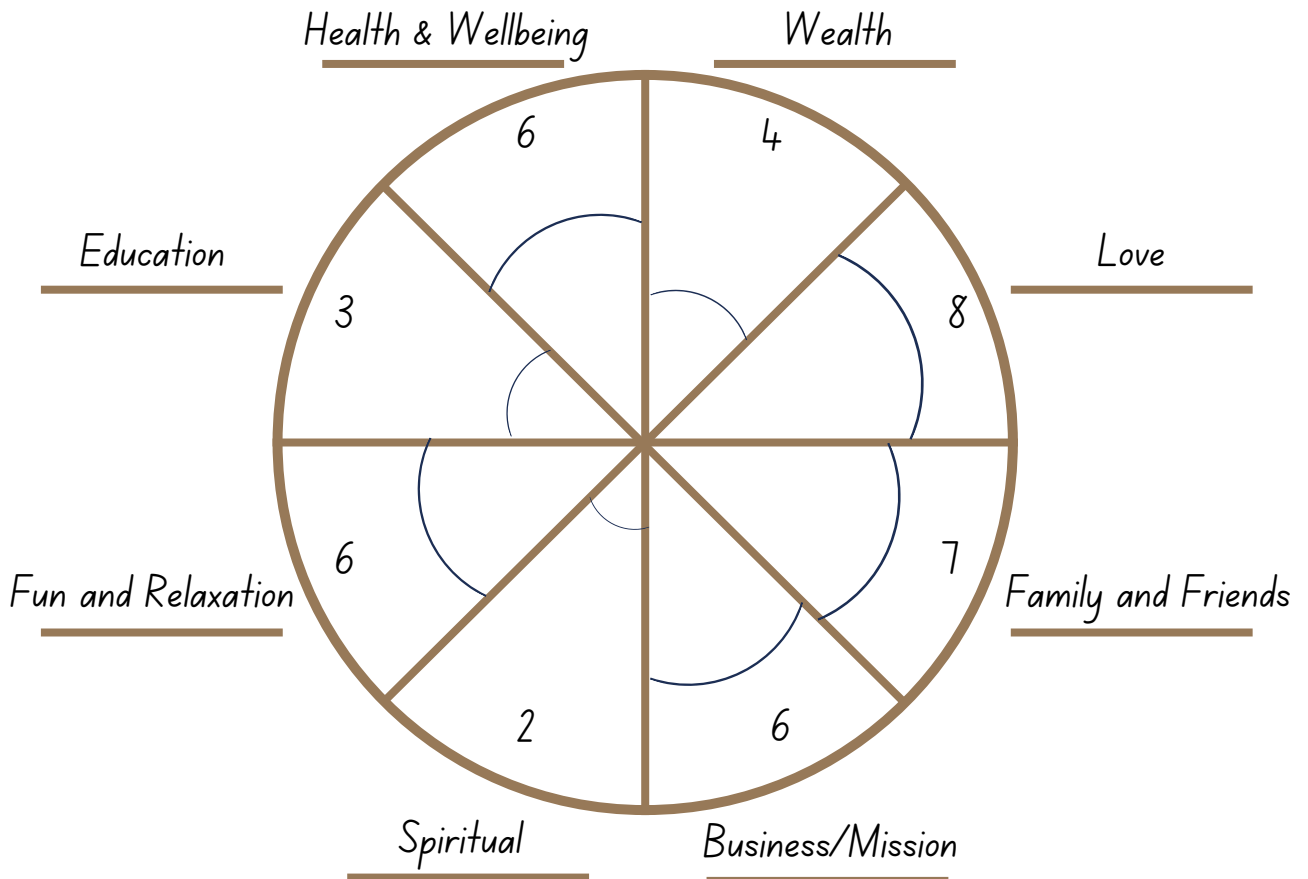




WHEEL OF WELLBEING

INSTRUCTIONS

1. See the example on this page.
2. Label each segment with something important to you.
3. Ask yourself 'how happy am I with xx'?
4. Score 0-10 for that segment. 0 is at center and indicates least happy, 10 is on perimeter and indicates most happy.
5. Repeat steps 3 & 4 for all segments. Color each segment if you wish.
6. Ask yourself 'how happy am I with my wheel'?
7. Set just 1 goal for any segment you wish to improve.
8. For best results, choose only 1 goal at a time to pursue, then move to the next goal.



Education

1. Complete a Masters in XYZ in 3 yrs

Spiritual

1. Meditate 5 mins everyday



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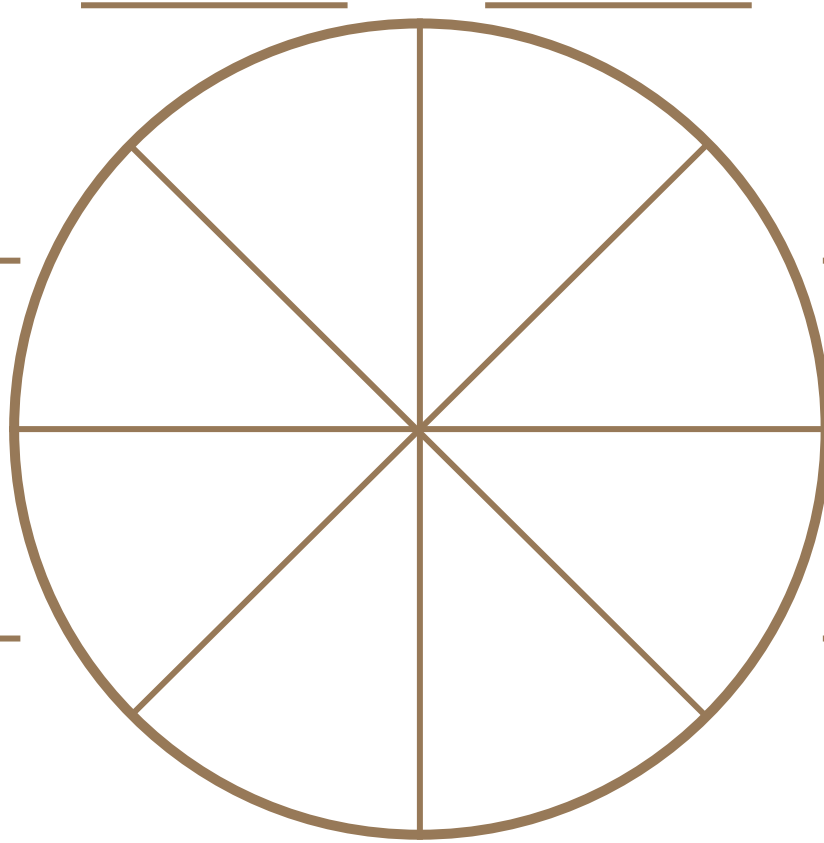


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WHEEL OF WELLBEING



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