

## Wheel of Life/Goals

Each 'pie section' represents an area of life or a goal that wants to be achieved.

Write the goal you want to achieve or the area of life that you want to work on at the top of the 'pie section' and then mark where you are in relation to that area/goal on a scale of 1 - 10. 1 being not even started to 10 being done, achieved, already there.

Each time to achieve something that brings you closer to that goal mark a dot so you can see the progress you're making. A visual motivator!

