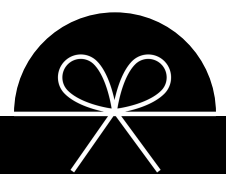


# *Wheel of Life*

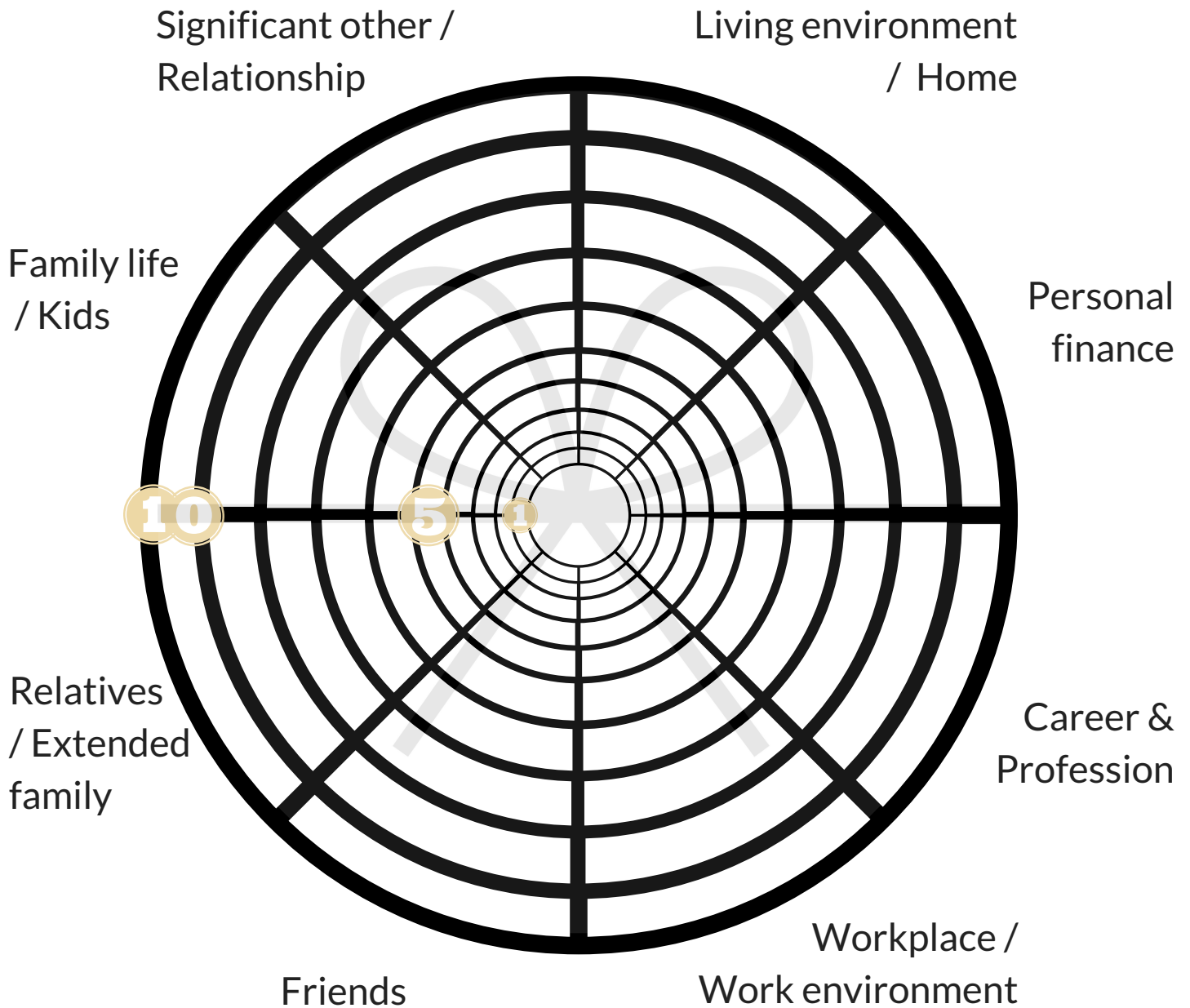
## WORKBOOK

GET THE STEP-BY-STEP  
INSTRUCTIONS:

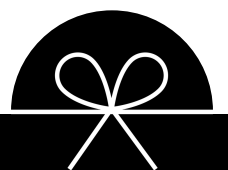
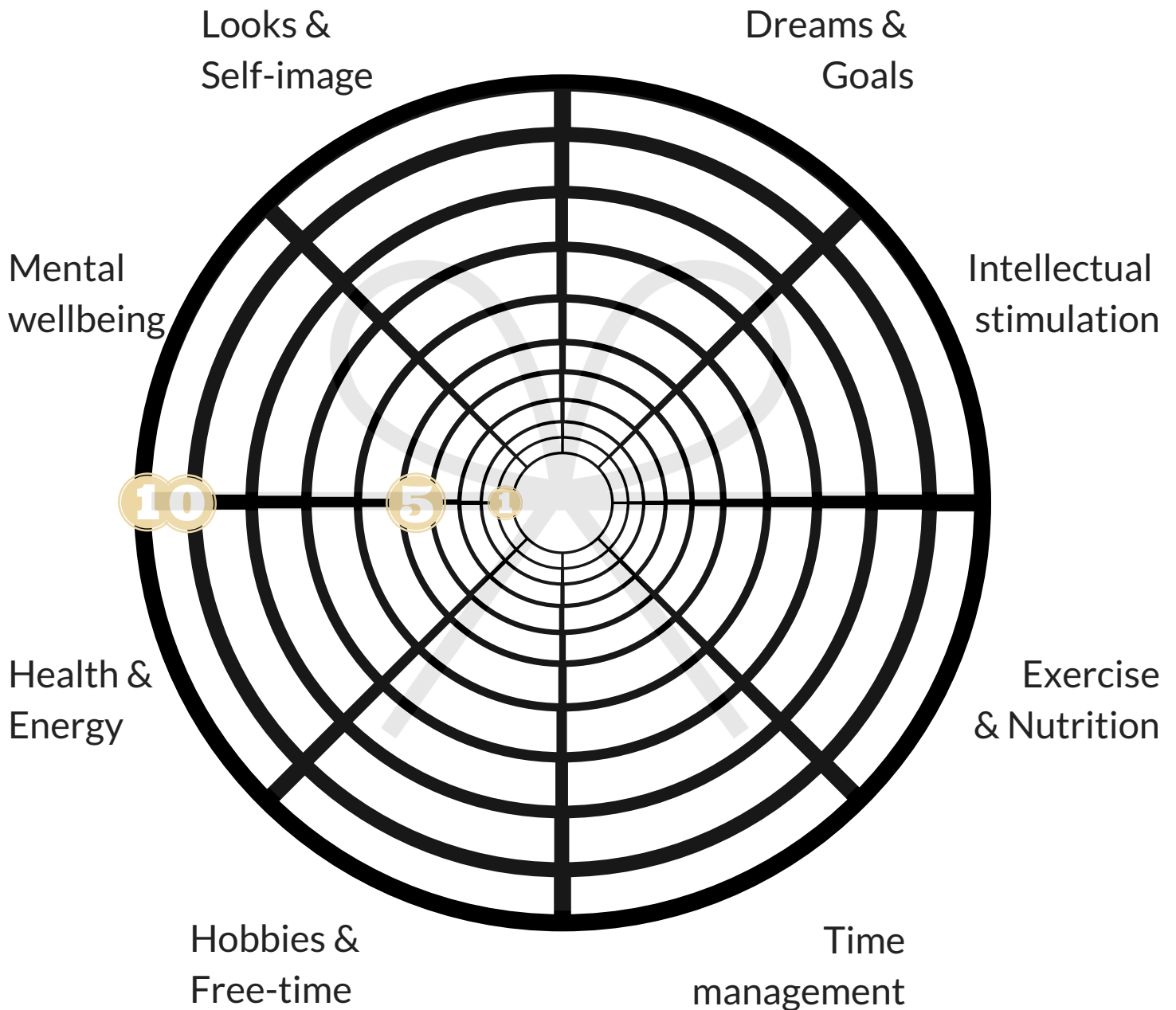
[https://www.saturdaygift.com/  
wheel-of-life](https://www.saturdaygift.com/wheel-of-life)



# Wheel of Life #1



# Wheel of Life #2



# Your notes #1

	1-3 SUFFERING	4-6 SURVIVING	7-10 THRIVING
Significant other / Relationship			
Family life / kids			
Relatives / Extended family			
Friends			



# Your notes #1

	1-3 SUFFERING	4-6 SURVIVING	7-10 THRIVING
Living environment / home			
Personal finance			
Career & Profession			
Workplace / Work environment			



# Your notes #2

	1-3 SUFFERING	4-6 SURVIVING	7-10 THRIVING
Looks & Self-image			
Mental wellbeing			
Health & Energy			
Hobbies & Free-time			



# Your notes #2

	1-3 SUFFERING	4-6 SURVIVING	7-10 THRIVING
Dreams & Goals			
Intellectual stimulation			
Exercise & Nutrition			
Time Management			

