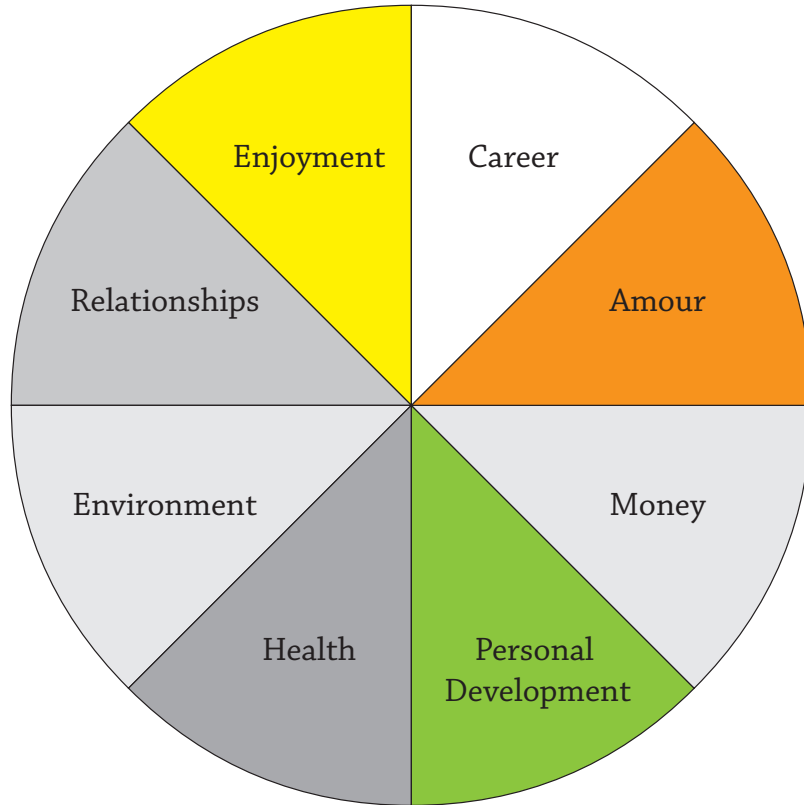


The Wheel of Life (CAMP HERE!)

The wheel of life is a great tool for assessing the current state of different areas of your life. Fill in each part of the wheel with a percentage that measures your satisfaction with each issue at the present moment. For example, if you are almost completely satisfied with your physical environment, then you might rate it as 95%. Or if you realize that you are not satisfied in the area of relationships, you could rate it as 30%.



All of these items can mean different things to each person, and that is just fine. *Physical environment* could include location of home, convenience of city, messiness of office etc. *Relationships* refers to non-romantic relationships such as friends, colleagues, family etc. *Amour* refers to romance. We like the French word and it makes the easy-to-remember mnemonic:



Career

Amour

Money

Personal Development

Health

Enjoyment

Relationships

Environment

Your Goals

Use the information from the Wheel of Life to list goals in some or all areas of your life.

Career

Amour (Romance)

Money

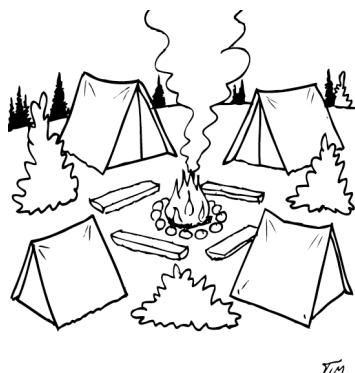
Personal Development

Health

Environment

Relationships

Enjoyment



T.M.