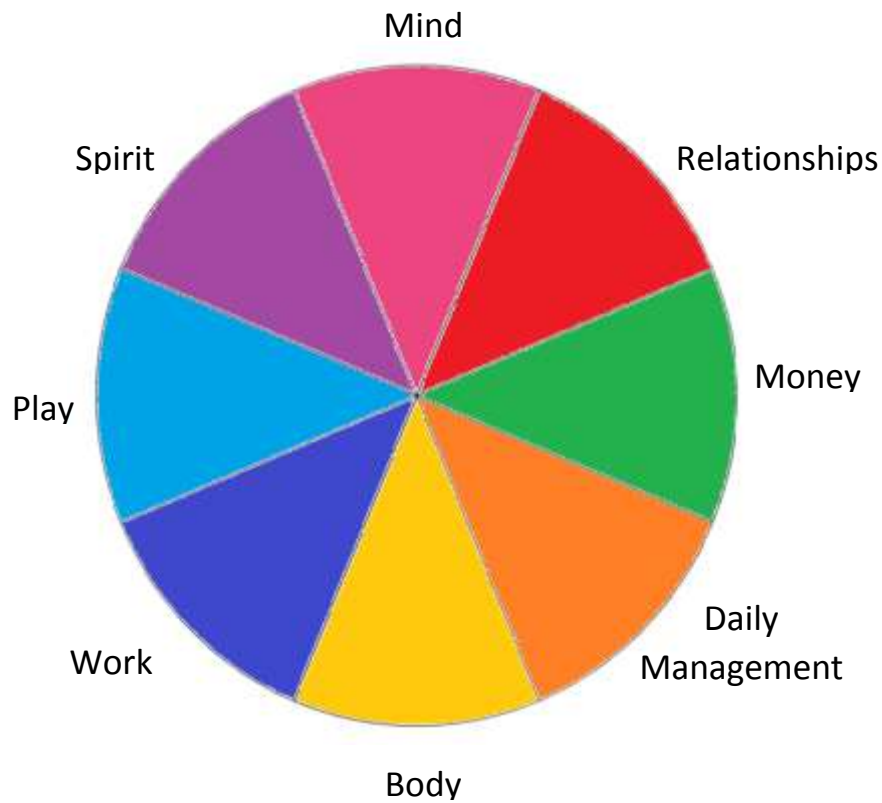


My 'Wheel of life' needs

Give each sector a score out of 10 reflecting on your last week



Area you would like to improve

One small weekly action/goal

Obstacles to overcome

What worked and what didn't? What could you do differently to help you succeed next time? _____