

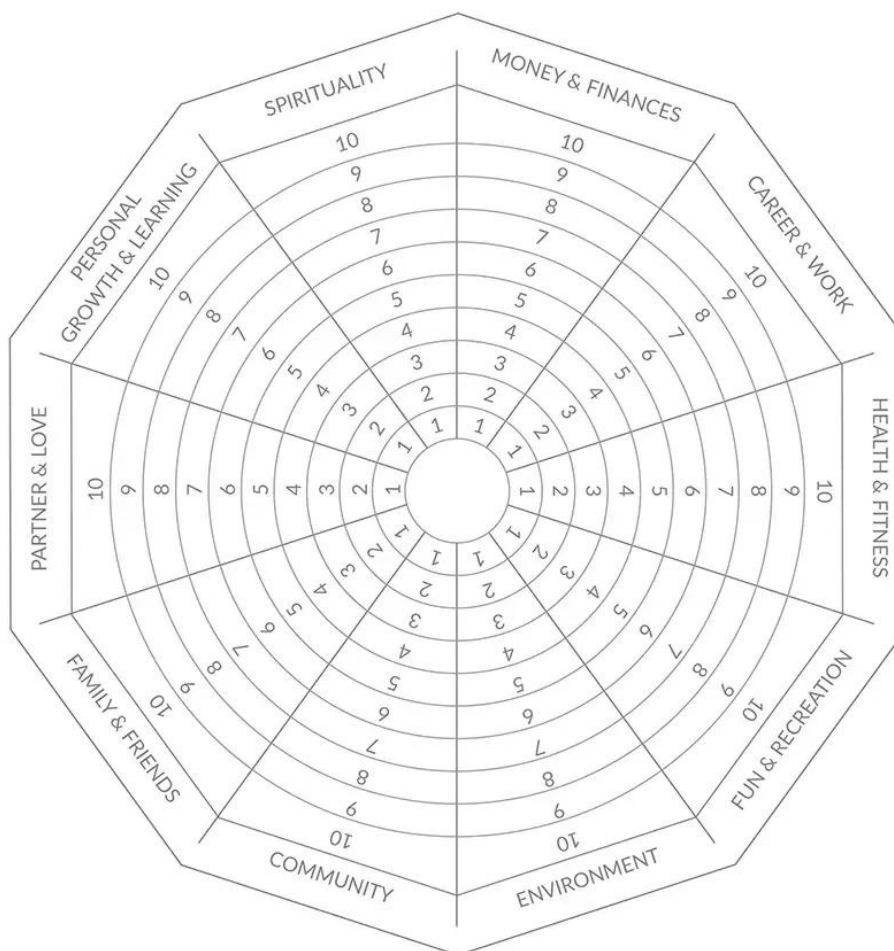
WHEEL OF LIFE WORK SHEET

(this particular model courtesy positivepsychology.com)

Rate each part of your life.

What stands out to you?

Redo the exercise on a regular basis.



HELENA RADESON

PERFORMANCE COACH & CHANGE CONSULTANT

+41 79 284 25 31 | hallo@helenaradeson.com | www.helenaradeson.com

