

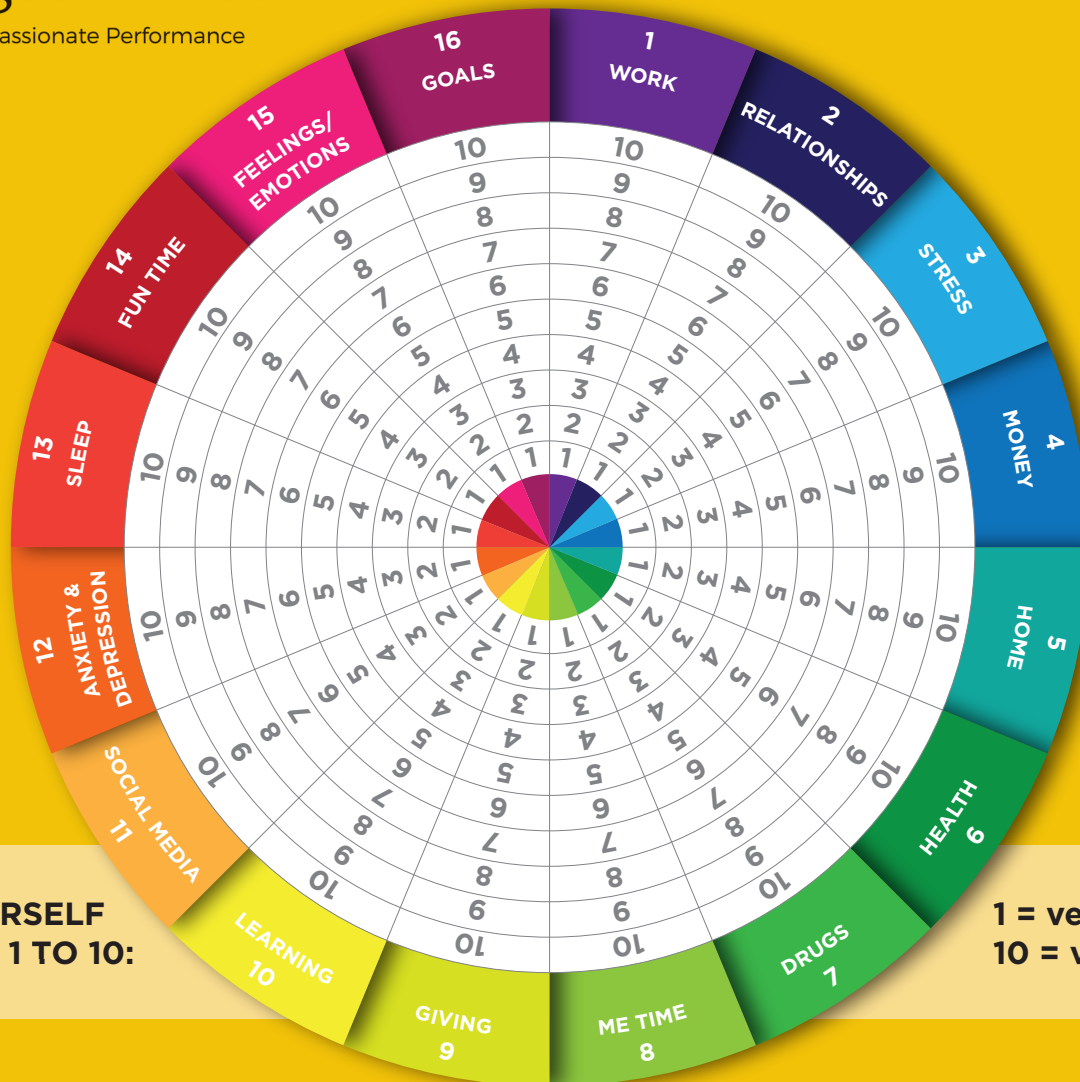


# WHEEL OF LIFE

Please be as honest as you can with your answers.

## Engaged Minds

Delivering Passionate Performance



**RATE YOURSELF BETWEEN 1 TO 10:**

**1 = very unhappy  
10 = very happy**

**RATE 1 - 10**

1	<b>WORK</b>	How happy are you in your job or business?	
2	<b>RELATIONSHIP</b>	How happy are you in your relationship?	
3	<b>STRESS</b>	How good are you at managing family stress?	
4	<b>MONEY</b>	How in control are you of your money, finance and debts?	
5	<b>HOME</b>	How happy are you in your home or living accommodation?	
6	<b>HEALTH</b>	How happy are you with your health and fitness?	
7	<b>DRUGS</b>	How dependent are you on alcohol, drugs or medication for relaxation?	
8	<b>ME TIME</b>	Do you have enough precious "me" time?	
9	<b>GIVING</b>	Do you do charitable deeds and help others?	
10	<b>LEARNING</b>	How happy are you with your personal development and learning?	
11	<b>SOCIAL MEDIA</b>	How happy are you with the time spent on social media and the internet?	
12	<b>ANXIETY &amp; DEPRESSION</b>	How good are you at managing anxiety and depression?	
13	<b>SLEEP</b>	Do you regularly get a good night's sleep?	
14	<b>FUN TIME</b>	Do you have enough fun time with family and friends?	
15	<b>FEELINGS &amp; EMOTIONS</b>	How in control are you with your anger?	
16	<b>GOALS</b>	Do you have actionable goals for the next 18 months?	

If this Wheel of Life has identified low scores where you would like to develop and improve, then let's work together to explore and clarify your life purpose so that you can be happier and more fulfilled in your personal and professional life.

**Please give us a call on: 0113 418 2726 [www.engagedminds.co.uk](http://www.engagedminds.co.uk)**