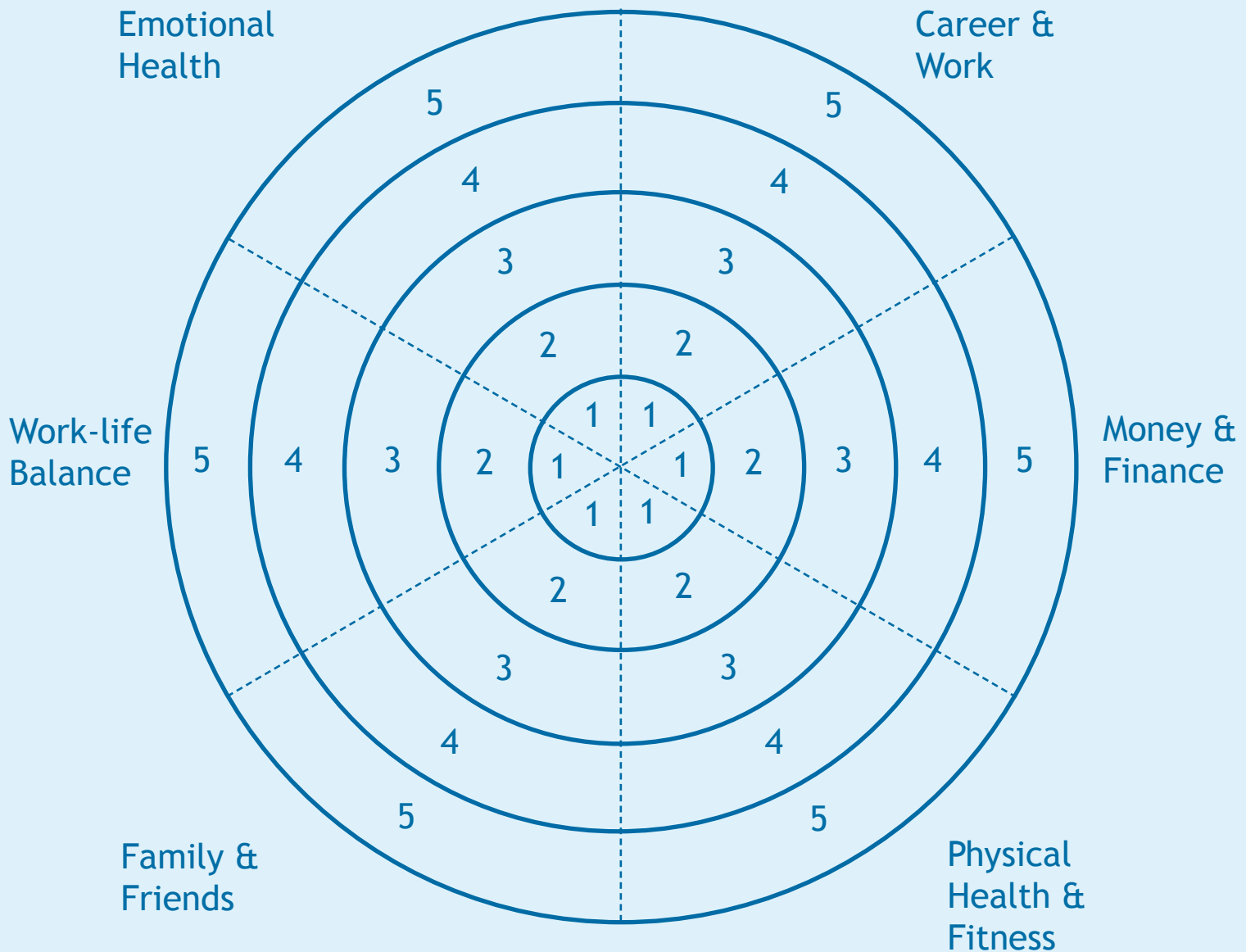




To complete this exercise print this blank template and answer the questions online for each section. When you have your score in the appropriate areas on the wheel. So, if you score 2, shade areas 1 and 2. If you score 4 then shade areas 1, 2, 3 and 4 and so on.



Once you've completed your wheel the first thing to notice is the overall balance - are all areas at around the same level or are they at all different levels?

If your wheel isn't balanced, which areas got the lowest score? This should help you to identify which areas of your life you could look at changing to gain a greater balance overall.

If you'd like to discuss the results of your wheel then you can send the results to one of our Online Support Team at [www.recourse.org.uk](http://www.recourse.org.uk) or call us on 0808 802 03 04. Lines are open 24 hours a day, 7 days a week.