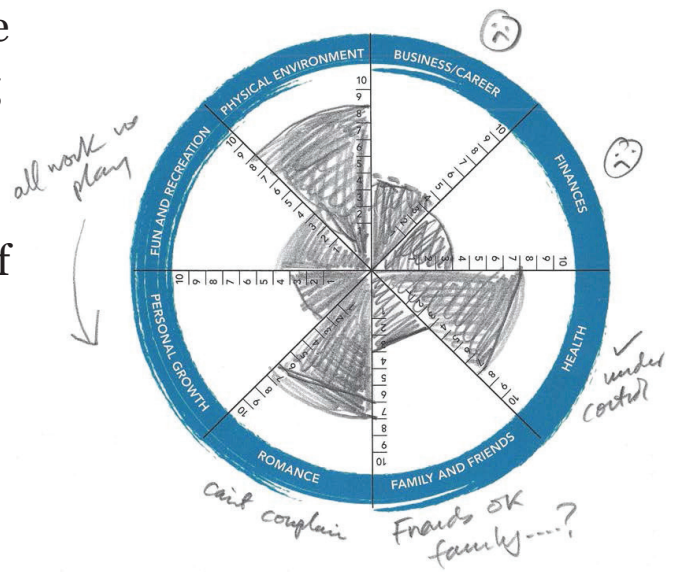


The Wheel of Life

Rutbusters 'wheel of life' aims to give you a snapshot of how your life's going right now. Our NextSteps™ coaches use this and other exercises to help you gain accurate insights into yourself – and accurate pointers to a new and better future. So make a start. And if you need help, or want to take change further, mail catherine@ylr.group or call her on 0203 1300 295.



How to complete the wheel:

- 1) Look at the wheel. Think about what fulfilment would mean for you in each category of your life.
- 2) Now rank your own current level of satisfaction against that ideal by scoring each segment: 1 for 'very dissatisfied' and 10 for 'perfectly fulfilled'. (We recommend a pencil, because you may want to revisit your scores.)
- 3) Draw a line of your score across the segment.
- 4) When complete, you'll have a graphic map of your life overall: what needs improving, what you cannot change, and what you'd like more (or less) of.

