

## Wheel maintenance



Consider the facets of your life aligned along the spokes of the wheel.

If the outside rim is ten (perfect) and the centre of the hub is zero (not happy at all), mark each spoke to indicate how satisfied you are with each aspect of your life.

If a heading doesn't fit for you, change it to something more appropriate.

Now, join up the marks.

How round is your wheel?

It's just a matter of maintenance.

In the rush of life, things can get bashed, overlooked, neglected.

Our desire to reach the destination means we can forget to enjoy the ride and there's always a price to be paid.

Now that you have identified some areas that need your attention, work with your coach to re-balance your wheel, to reconstruct your life

- and enjoy a smoother ride!

