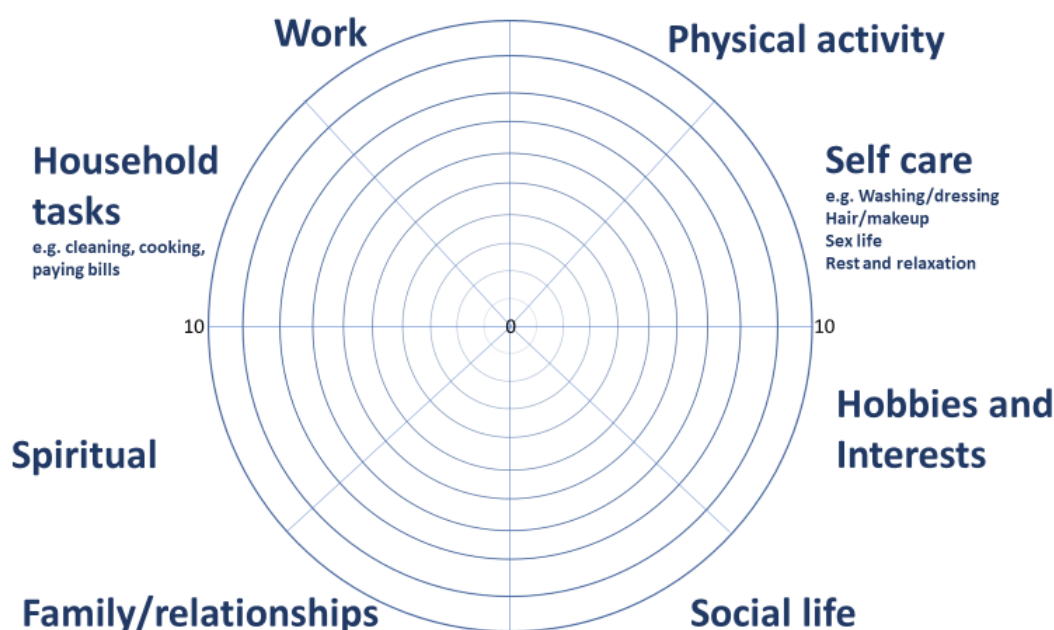


Wheel of life and goal setting work sheet



Fill in the Wheel of Life. If the categories do not fit your life, feel free to alter them. The idea is to consider different aspects of your life and to see which areas you are struggling with.

Once you have completed it, consider which of these areas have high value to you.

Select one or two areas that you would like to see some improvements in.

Have a go writing one or two **SMART** Goals

- ✓ Specific
- ✓ Measurable
- ✓ Achievable
- ✓ Realistic
- ✓ Time limited



Are there any steps you need to take to help you reach your goal?

Use a planning diary from the 4P's worksheet to plan in any steps you need to take over the next week to work towards your goal.

