

WHEEL OF WORK

Instructions:

For each area of your work give yourself a score from 1 to 10 on your level of satisfaction (with 10 being great, couldn't be better and 1 being I hope it doesn't get any worse!).

Once you have a score for each area plot it out on the circle with zero being at the centre and 10 being at the outer edge. To get an overall picture of the balance in your working life simply connect the dots.

