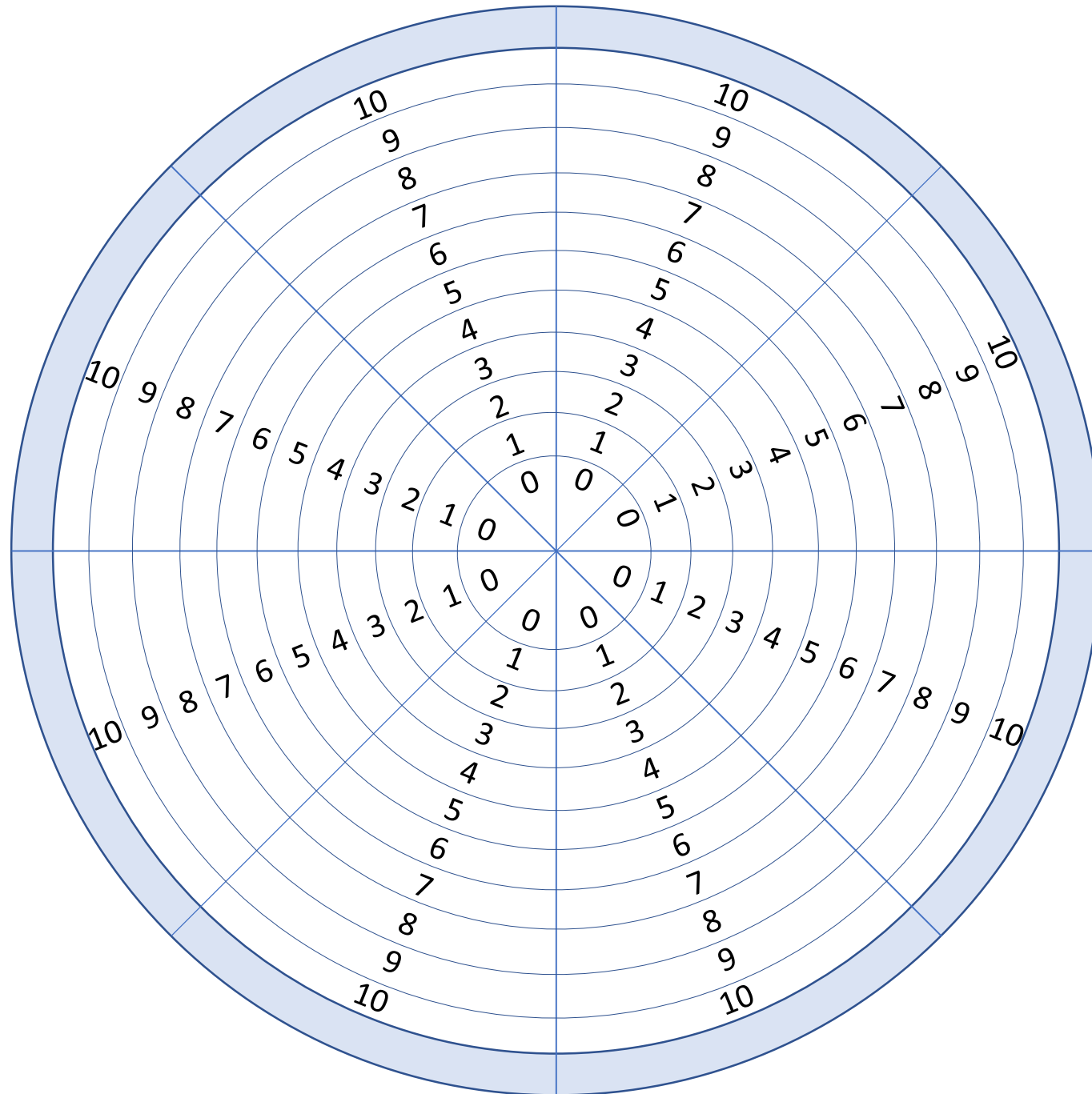


The Wheel of ...

This wheel can be anything you want it to be depending on the area you wish to address. This is a great tool to reflect and evaluate where you are at present and where you would like to be or how you would like to feel. This resource is a working document- ongoing and you can go back to it as many times as you like.

I have given you some common areas which can be used but like I said, you can change the themes to fit what you are wanting to change, improve or set goals for.

- Career
- Social life
- Personal growth
- Travel
- Finance
- Family
- Health
- Relationships
- Fun
- Work/life balance



“Looking to discover your journey further?”

Should you need help and wish to discuss your wheel in more depth then do book a call with me to arrange a coaching sessions on Your Wheel of ...

Zeenat Noorani

Resilience Wellbeing coach, NLP & Kinetic Shift Practitioner & MHFA

Book a call: www.Calendly.com/zeenatnoorani

T: + 44(0) 7939 16 35 90

“Empower Your Mind –To live The Life You Desire”