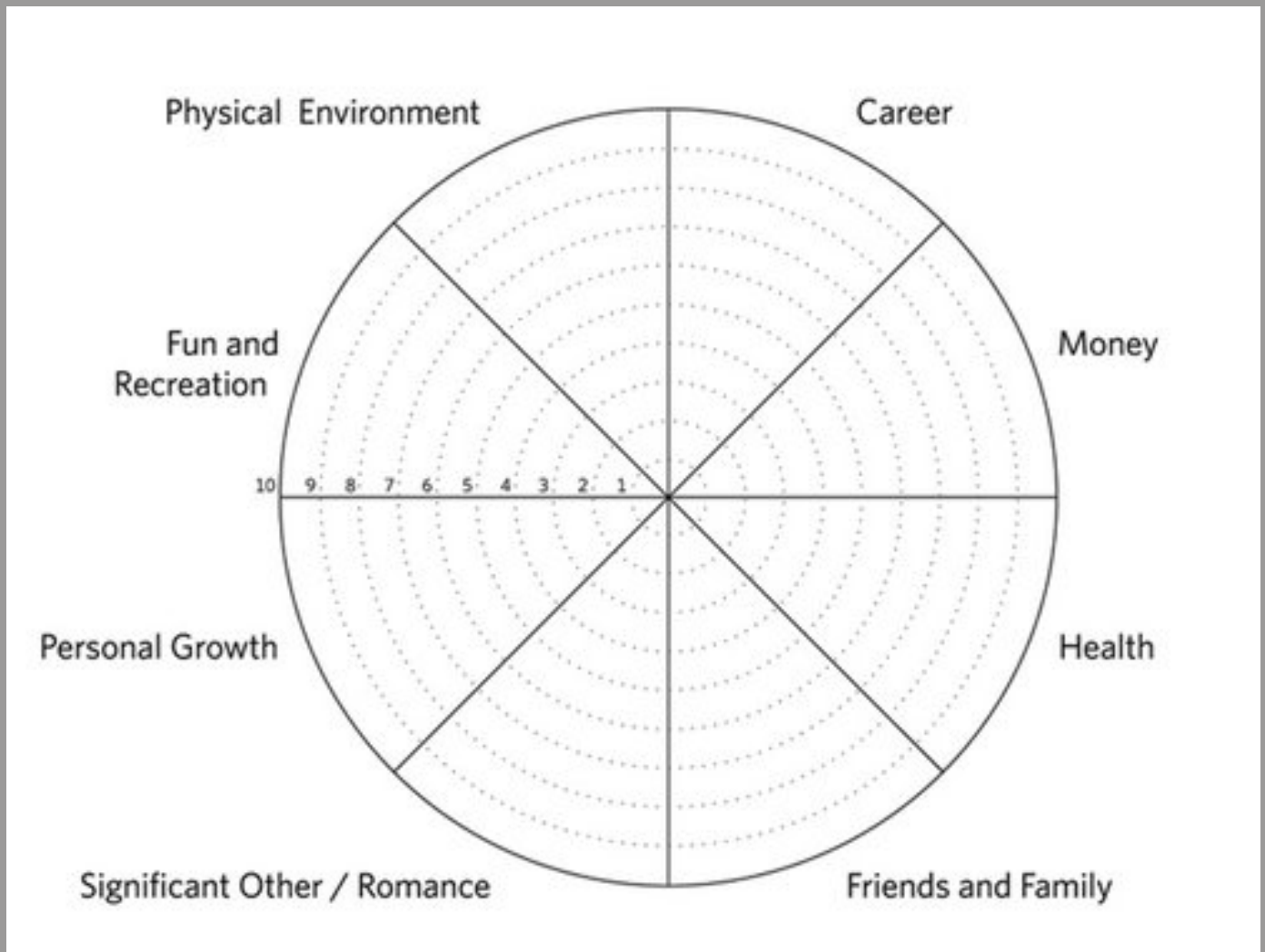


Integrated Work-Life



THRIVEMOTIVE

Take the first steps to better integration between work and life using the wheel of life



COMPLETE THE WHEEL:

1. Review the 8 Wheel Categories - think briefly what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment that represents your satisfaction score for each area.
 - Imagine the centre of the wheel is 0 and the outer edge is 10
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied) Use the **FIRST** number (score) that pops into your head, not the number you think it should be!
 - Now draw a line and write the score alongside
3. Which of these areas would you like to improve?
 - Describe what a 10 would look like
 - Identify what you could start, stop or continue doing to reach the 10
 - Now you have the information to create your action list, prioritise in order of importance.