

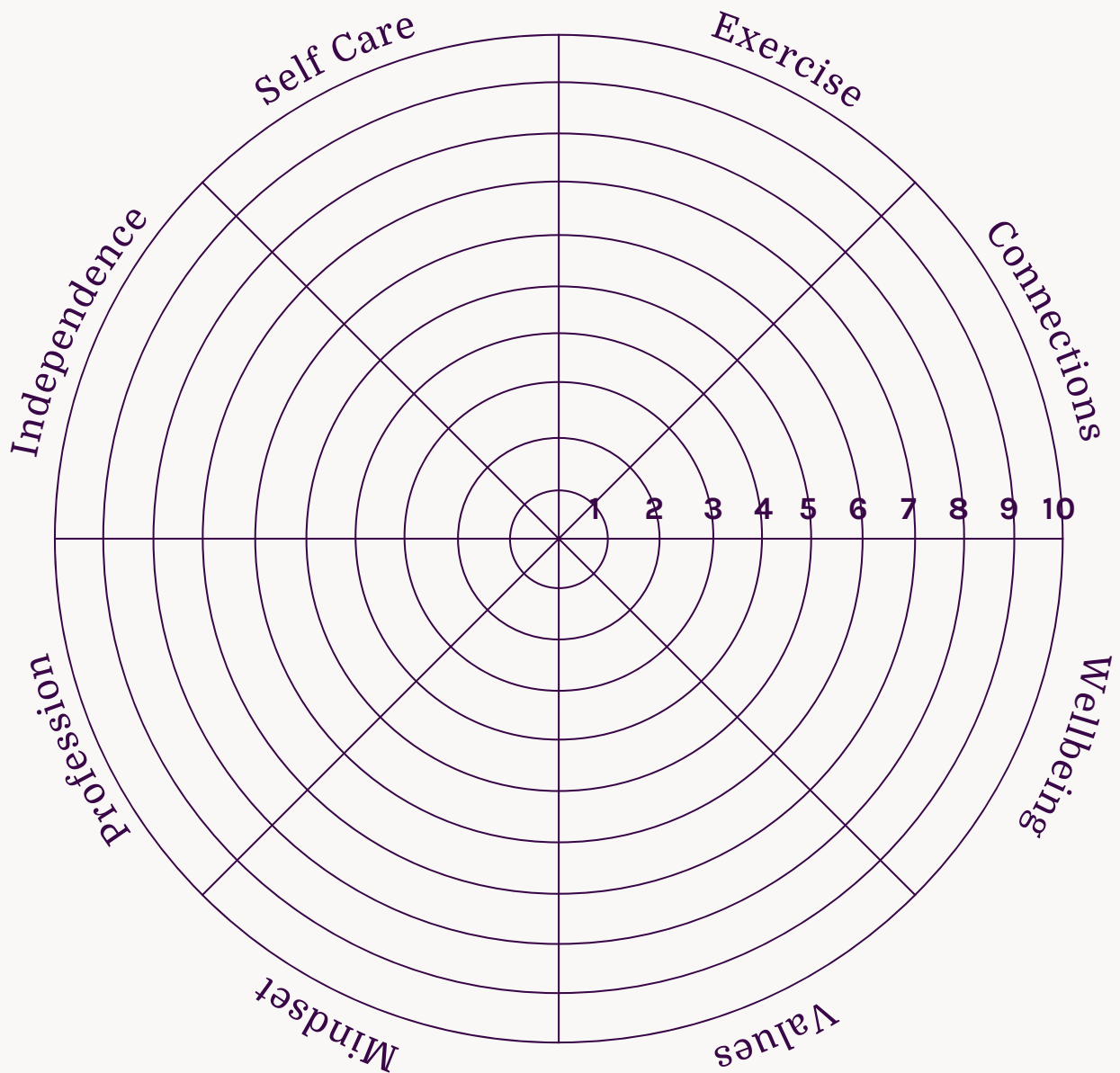


Rebecca Ronane
Forward after Fifty



The Wheel of Life is a great tool when you move forward after fifty. It helps you understand what you can do to make your life more amazing.

Think about the 8 life categories below, and rate them from 1-10.



WHEEL OF LIFE



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Complete the Wheel

Review the 8 categories on the Wheel of Life above. Think about how life might look as you move forward after fifty in each area.

How to Use the Wheel

Think about each area in turn, for example: Wellbeing.

Choose a value between 1 (very dissatisfied) and 10 (fully satisfied), rating how you feel about wellbeing in your life.

Mark the wheel with a cross on the number that represents your score, e.g. If you are happy with your wellbeing, you could score an 8, so you would mark an 'x' on the number 8 ring.

You could also use a different coloured pen to draw a line as per the example below. NB. The centre of the wheel is 0 and the outer edge is 10.

IMPORTANT: Use the first number that comes into your head, not the number you think it should be!

EXAMPLE

