

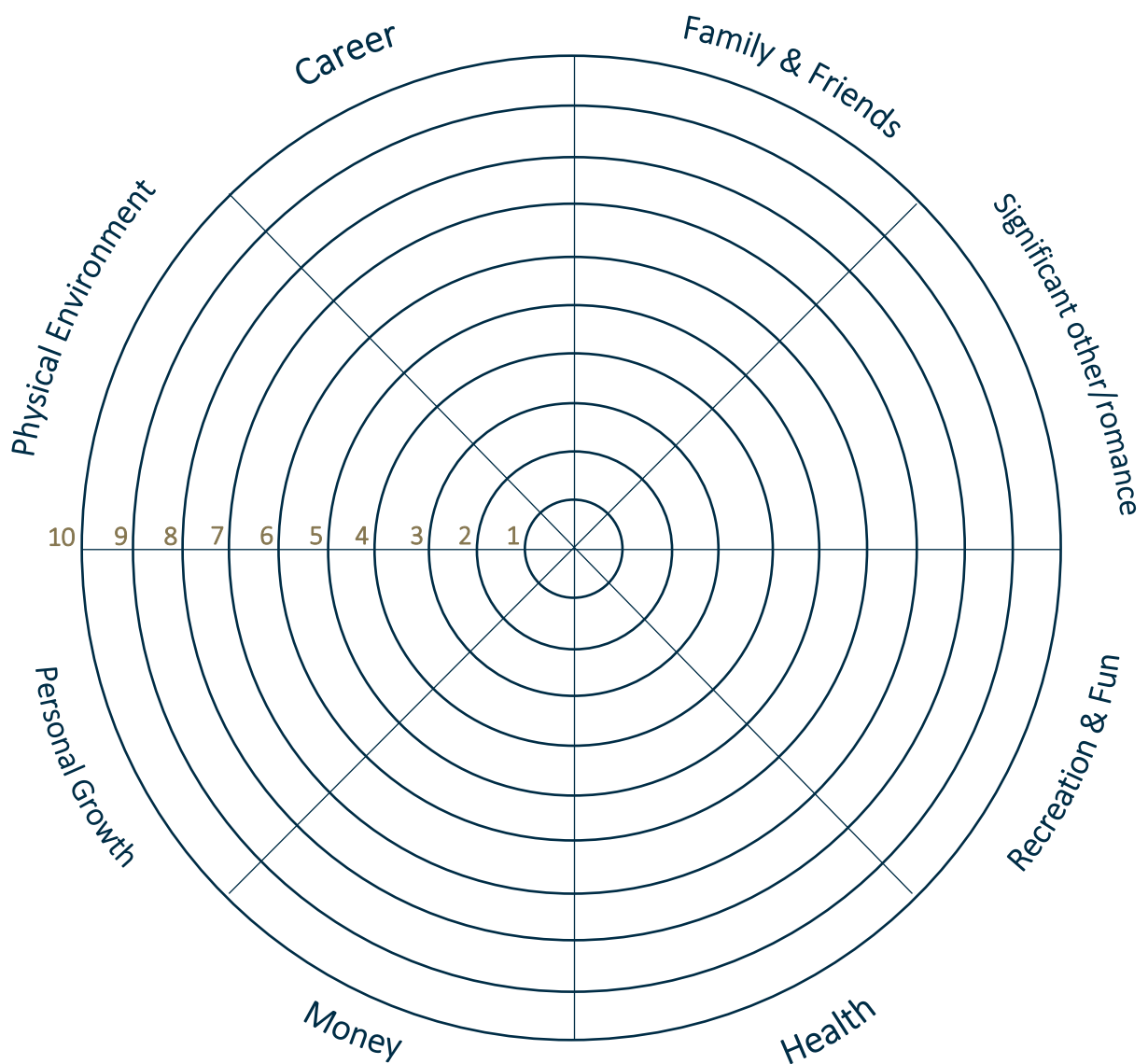


BLOCK RECRUIT

BLOCK RECRUIT'S WHEEL OF LIFE

Directions: The eight sections in the wheel represent the different aspects of your life. Seeing the centre of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by filling in the sections up to the number you'd rank yourself at. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?

The Wheel of Life shows important areas of our life and it helps us to improve our understanding of what's going on in each of these areas. This exercise is brilliant for helping you to reflect on where you are now, highlighting where you need some balance.



HELPING YOU BUILD YOUR FUTURE,
BLOCK BY BLOCK