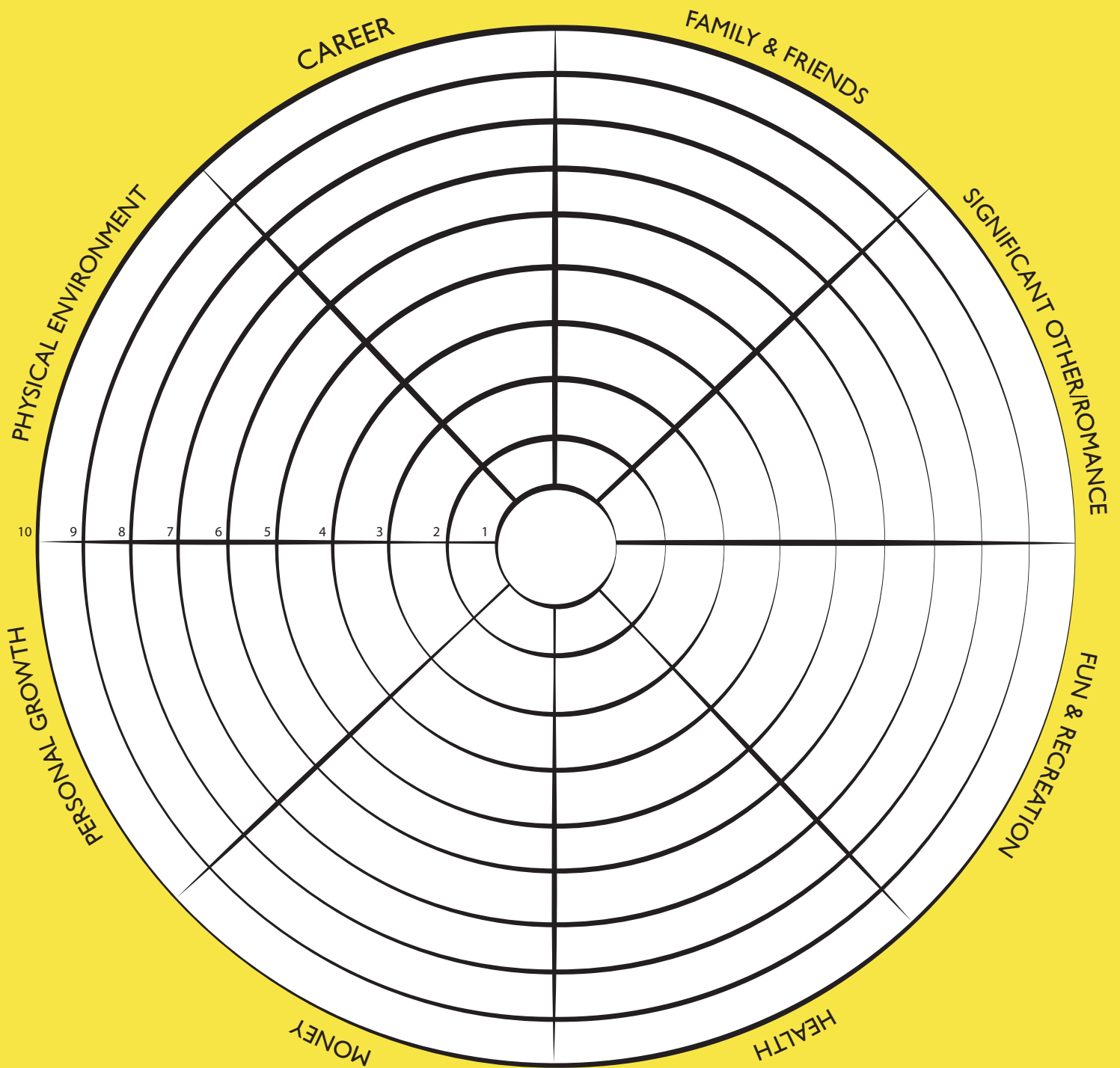


# Taking a closer look at how things are right now.



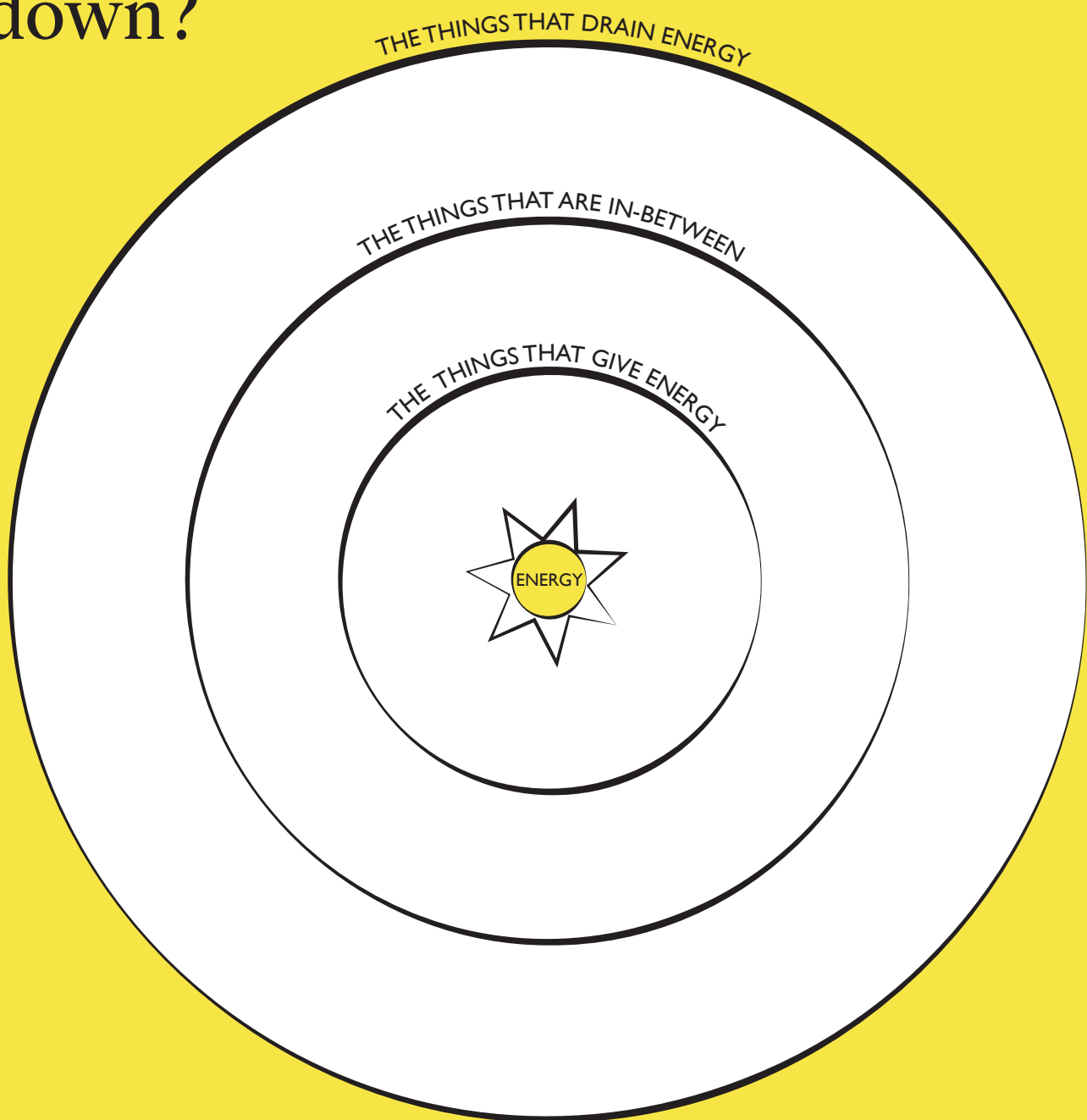
- The eight sections of the wheel represent different aspects of your life.
- With 1 representing the lowest score and 10 the highest
- Put a dot to show your current satisfaction level in these areas as it stands today.
- Then join the dots to see how your wheel looks.
- How smooth or bumpy is your life right now?

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# What lifts you up and what pushes you down?



Observe where your energy goes and its impact on your emotions and well-being.

- What lifts me up, gives me energy, and makes time fly?
- What pushes me down, drains my energy, and makes time drag?
- Jot down your thoughts in the relevant circle.

Then ask yourself:

- Where does most of my energy go?
- What would I like to change?
- How is this making me feel?

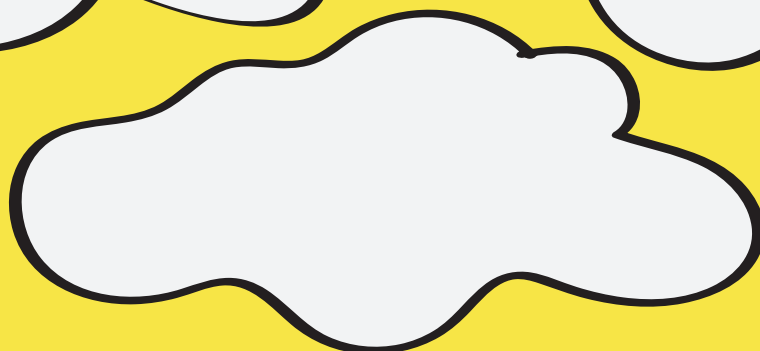
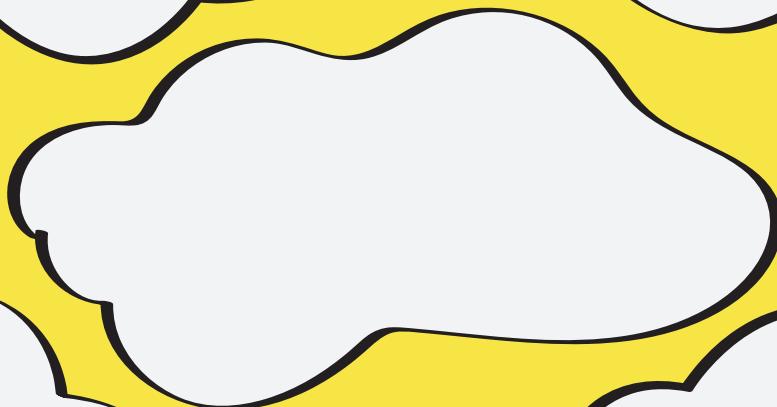
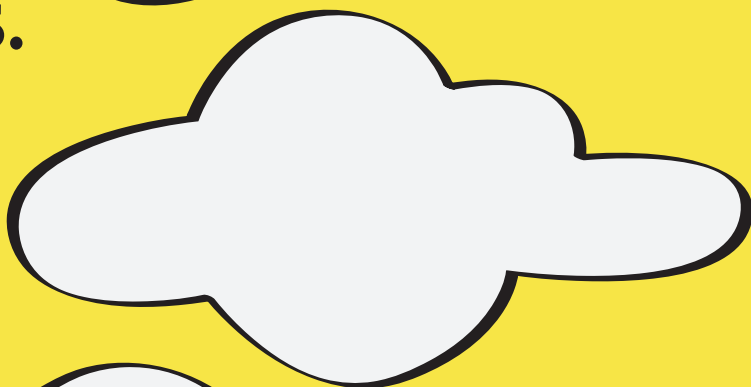
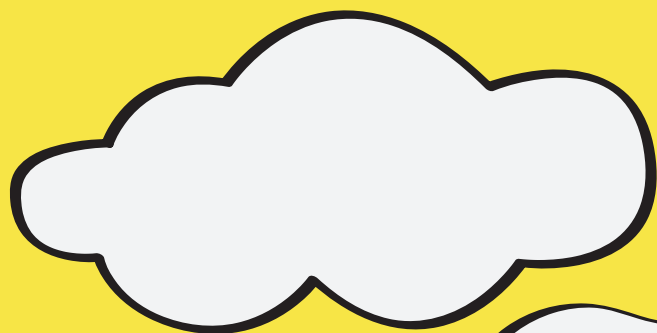
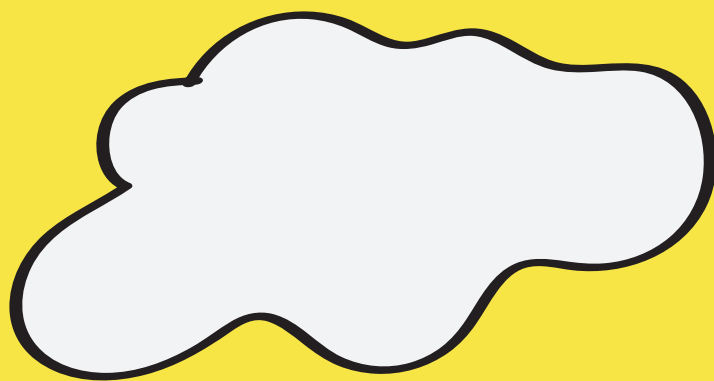
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# Hey...it's time to celebrate your own strengths & achievements.



Giving compliments lifts our mood, boost our confidence, and can make us smile.

Giving yourself a compliment works just as well! So..

- What are some things that make you proud of yourself?
- When did you last celebrate an achievement - big or small?
- When did you last remind yourself how well you are doing?

Over the next week, jot down one positive thing about yourself each day.

At the end of week take time to reflect on what you've written.

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