



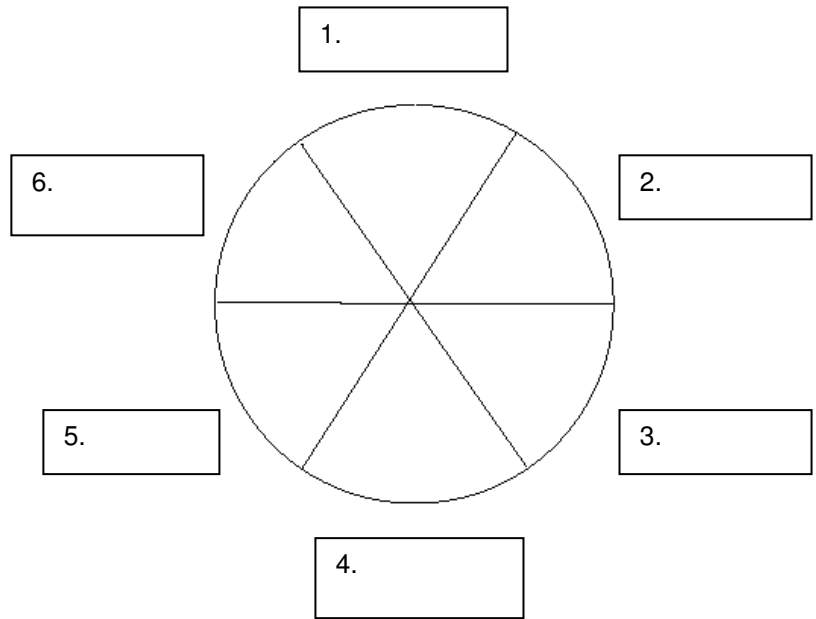
Control: An Assessment and Objectives setting exercise

This exercise will enable you to assess how you are doing in several areas of your non-work life. Be honest with yourself and take notice of what you see.

For work, to personalize this wheel, simply change the areas in 1 to areas of work.

1. Label the parts of this circle with:

1. Home
2. Relationships
3. Finance
4. Hobby 1.....
5. Hobby 2
6. Personal Learning



2. Rank your level of satisfaction with each of the areas with 0 as lowest (very dissatisfied) and 10 being highest (very satisfied). Now draw a line across the segment to show this score, with the centre of the circle as 0 and the outer edge as 10. Do this with all 6 areas.

3. Your ideal wheel will have all areas fairly near the outer edge.

Where your wheel segments are smaller, these would be good areas to set some objectives around and below are some useful questions to ask yourself on each of these areas.

- *With regard to, what specifically do you want to have, or, how specifically do you want things to be?*
- *Now let your imagination show you what it will be like when you have it. Enjoy that for a while and think of all the small steps you will need to take to make it happen. Now make a list of all those things and you have a plan! As you do them, start ticking things off.*