

# ACTIVITY 1

SAM

## REFRAME YOUR DAY-TO-DAY LIVE

**STEP 1:** Draw a circle and divide into 8 parts as on the picture (Family, Life partner, Friends, Spiritual, Leisure, Career, Money, Health). Draw an inner circle.

**STEP 2:** Score from 0 (inside) to 10 (outside) on a scale of satisfaction.

**STEP 3:** Connect the dots.

**DOES YOUR WHEEL ROLL?**

