

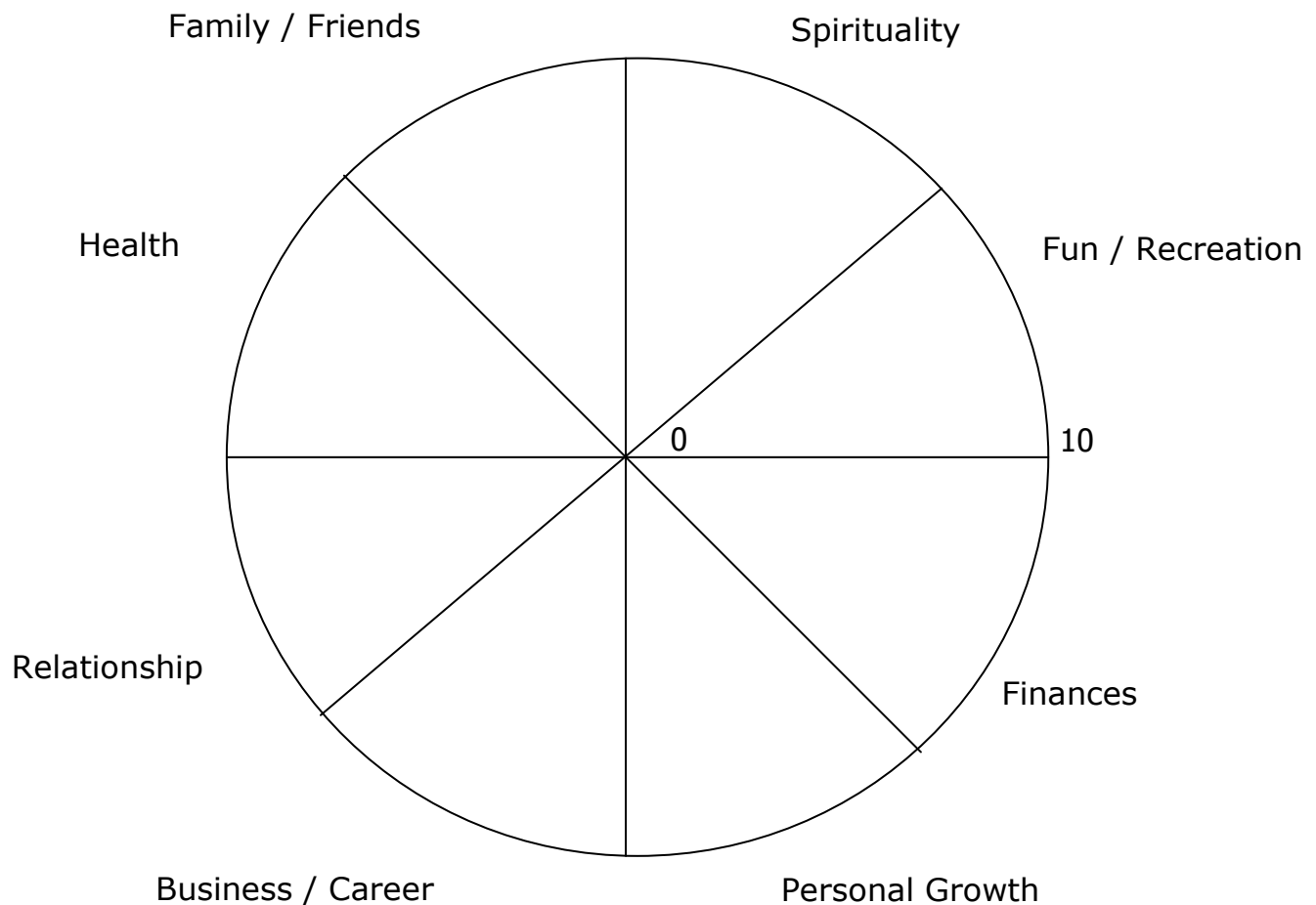


# Innercore Insights

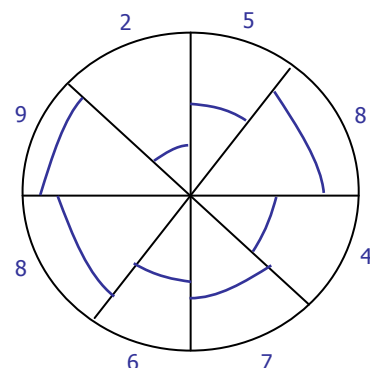
Tapping into your inner wealth  
the riches of your soul.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## EXAMPLE



## WHEEL OF \_\_\_\_\_ INSTRUCTIONS

The 8 sections in the Wheel of Life represent \_\_\_\_\_

- ✿ Please change, split or rename any category so that it's meaningful for you.
- ✿ Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction (or frustration etc)** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- ✿ The new perimeter of the circle represents **your** 'Wheel of \_\_\_\_\_'. Is it a bumpy ride?