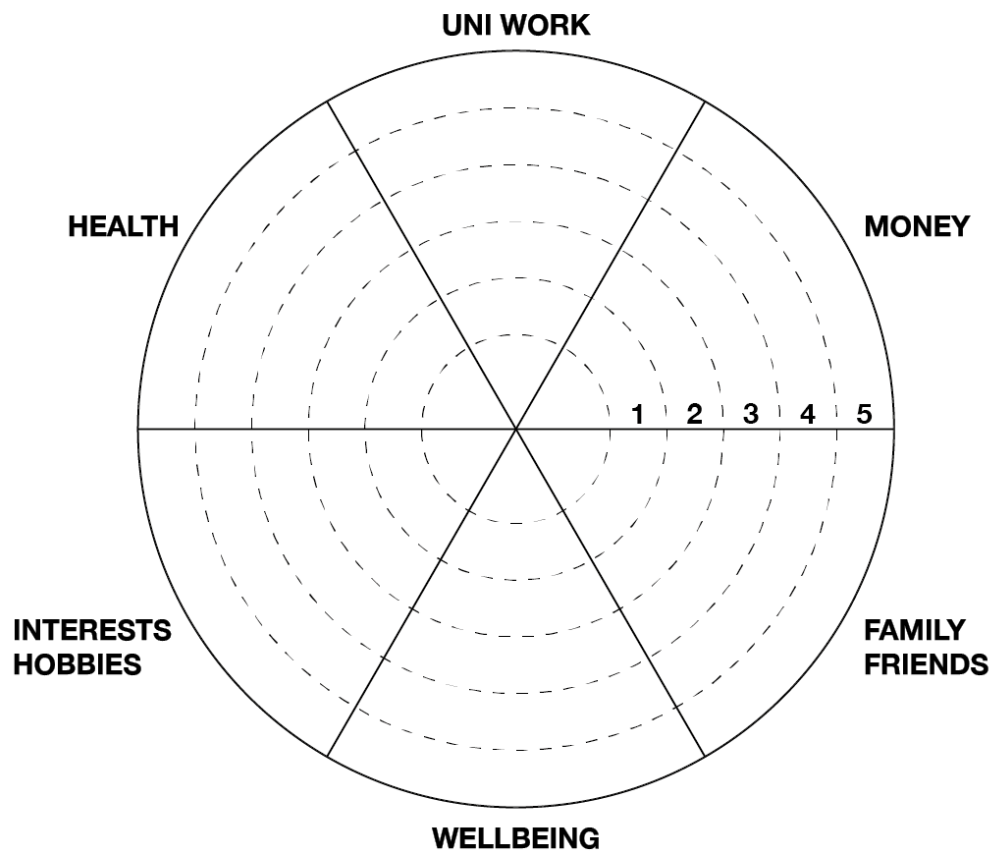


Wheel of Life



Check out the Halls Life article on the Wheel of Life and SMART Goals for more information.

Date:

SMART Goals

The Wheel of Life is a great way to see the balance of your life.

Rate how happy you are in each area on a scale from 1 to 5 (1 is lowest, 5 is the highest):
Colour in each section to show your rating.

Reflect on your results:

Where are your strengths? Celebrate them!

Where can you improve?

What is your goal to change for the better?

Take your goal through each of these SMART step.

S Specific	What is your target and what do you want to achieve?
M Measurable	How can you measure your progress? How will you know if you have succeeded?
A Achievable	Do you have the skills to achieve your goal?
R Relevant	Why do you want to do this?
T Time	What is your deadline?
Write your new SMART Goal!	

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