



# MODULE ONE

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## The Wheel Of Life

**y<sup>2</sup>** education

## Introduction

**There is a magic tool in the toolbox for personal development that has been around for over a thousand years called the “Wheel of Life”. You may be familiar with it if you have been exposed to life coaching or personal development for greater effectiveness in your life.**

**The Way of Life is one of the best personal growth and development tools for just about anybody.**

**It is an extremely simple tool, but it can provide a lot of insight into how you are living and how that differs from the way that you want to live.**

**The wheel of life is a circular chart that is unique to each individual who uses it. When you use and apply it, it can help you balance all of the important aspects of your life and ensure that you are focusing on the things that matter to you the most.**

**There are many versions/categories out there and in our Program the one we used is what I have found the most simple and effective one.**

**The purpose of the wheel of life is to give an objective score to how areas of your life are going so that you can track it over time. By seeing where you are succeeding and where you are falling short, you can start to develop a personal growth plan to improve all areas of the wheel.**