



### Wheel of Life Assesment

This unique assessment gives a 360 degree overview of one's life. It helps individuals to introspect on all the areas of life, set goals and balance the less balanced areas. We primarily work on the 7 areas of life given below:

1. Health
2. Family
3. Finance
4. Career
5. Attitude
6. Social Life
7. Relationships

Performance in each area will depict the performance in other areas of life. This is a unique way of looking at our life holistically. In the haste of life we tend to forget a few areas and stress over the others.

Take this assessment to know where you stand and compare it with where you want to head.