

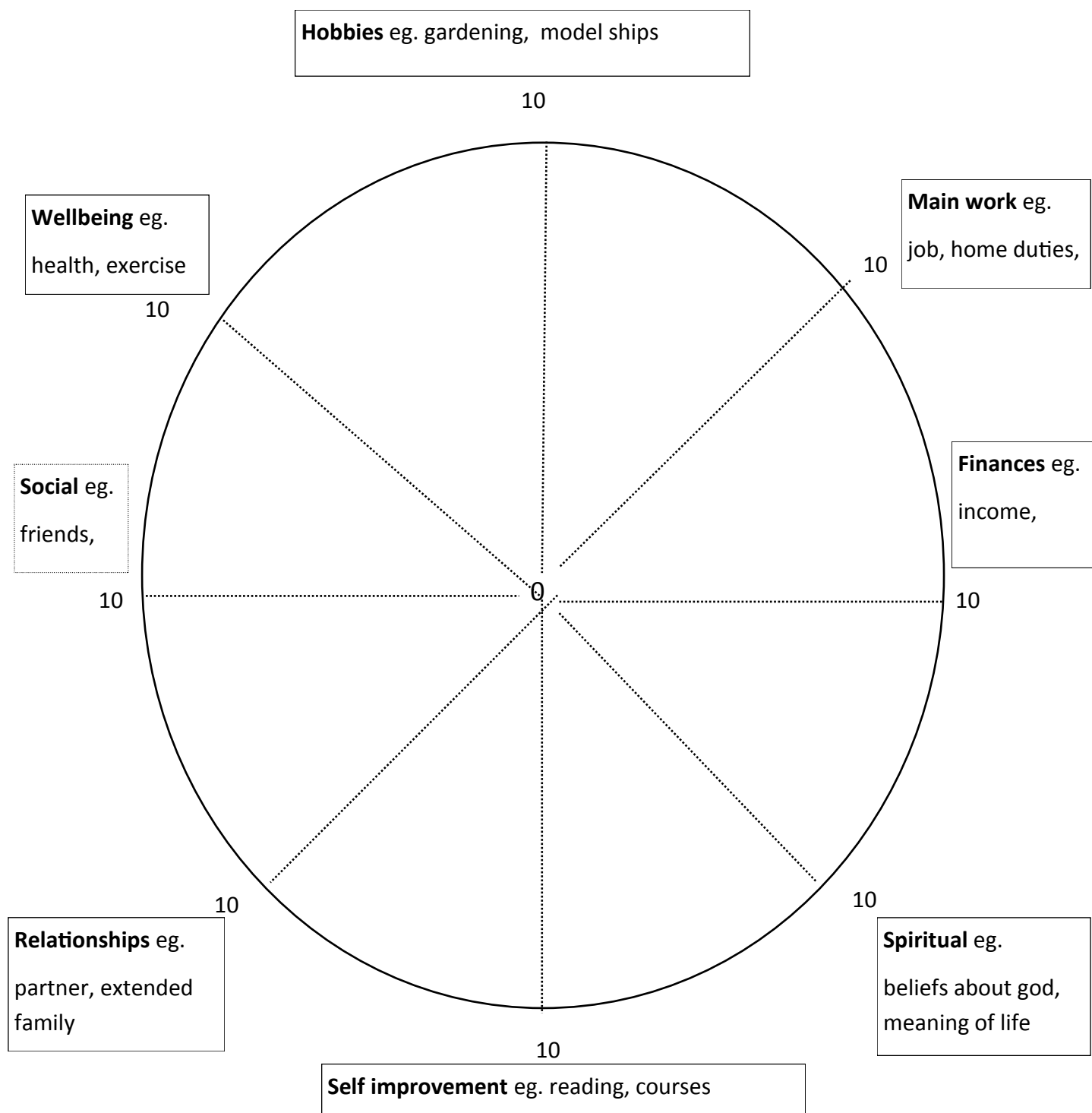
## Be the Best That You Can

The circle gives you the chance to look at eight different life areas and begin to think about how you can be the best that you can in each of them. Rate each one using the 0 to 10 rating scale.

0 5 10

Not going okay Partly okay Totally okay

Put a “x” on each spoke of the wheel that best described how you feel about each of the life areas at the moment. If things are not going okay, then your mark would go at the centre of the wheel (0), if partly okay put your x near the middle of the spoke and if totally okay, it would go at the end of the spoke (10). Join the “x’s”. Now, turn over and write down what you think about each of the life areas. Remember, the task is to find ways to improve your happiness and contentment no matter what challenges you are facing at the moment.



# *“Try Another Way”* ©

## **Being the Best That I Can**

For each of the life areas write down the reasons for either being okay (rated 5-10) or partly/ not okay (rated 0-5). Take the time to think about what can I try in the future. Remember all those things that you have put off or never had the chance to do. Now is the time to try some of them. There will always be parts of our life that are only partly okay or even not okay but there are also parts that we have the opportunity to do something about. It isn't possible to change

Lifestyle areas	Okay (rated 5-10)	Partly/ Not Okay (rated 0-5)	What can I try in future
Hobbies			
Physical			
Main Work			
Spiritual			
Finances			
Social			
Relationships			
Self			

*All the best for your future lifestyle changes. Be daring. Be Bold. Don't be a Couch Potato*