



1. Please rate each section on the wheel based on how you feel in that area of your life using the scale 1 to 5 (1= Not satisfied, 5 Very satisfied)
2. Which of the sections is a priority for you to address before beginning the journey towards finding work? (Which ones do you feel ready to tackle or make some changes in?)
3. What did the category mean to you (how did you define it for yourself)?
4. What is the reason you gave it this rating?
5. What is one thing you think you could do that would bring your rating up by one point?
6. How will you know when you reach this higher rating? What will you notice is different about your life or yourself?