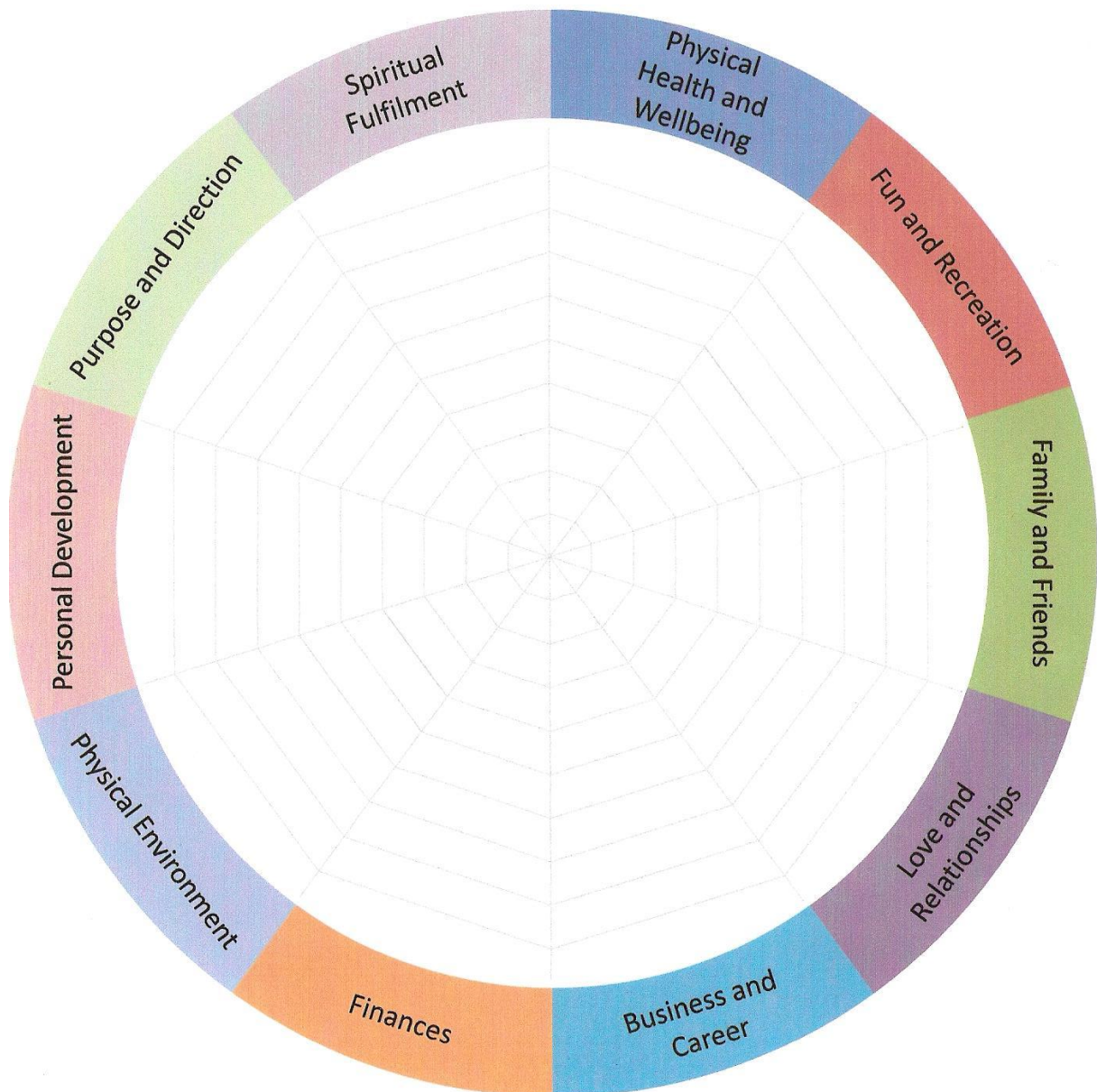


# Esther Patrick

Life therapy to help you make the changes you want

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The **Wheel of Life** is a quick, fun way to visually identify where you might want to start making changes or improvements in your life. Give each segment of the Wheel 'satisfaction points' from 0 - really bad to 10 - excellent. Then take some coloured pencils or felt tip pens (told you it was fun!) and fill in each segment, colouring one 'bar' per satisfaction point awarded. What do the results show?



Why not contact me for a **free** no obligation chat about how I could help you, or someone you know? I look forward to talking with you!

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