

Unlocking The Cage's Wheel of Life



Unlocking The Cage's Wheel of Life is a tool to help you assess the different aspects of your life at the moment and where there may be imbalance. Look at each line in turn and score yourself from zero to ten, where zero is not satisfied at all and ten is very satisfied. Mark a dot on the line, with zero being at the centre and ten on the perimeter. When you have scored each line, join up the dots to see how balanced your wheel is. If this was a bicycle wheel, you may find that you are in for a bumpy ride!

If you have areas that you would like to work on, and would like some Support, why not call us on 01954 719717 for a free sample session.

