

6 Stress Risk Factors Wheel of Life

To help you make the necessary changes in your life and for those changes to be effective, focussing on where to make the changes will make the process so much easier.

Take the centre of the wheel as 0 = totally dissatisfied

Take the 10 ring as 10 = totally satisfied.

Mark your level of satisfaction in each segment

Note which segments of your life/career need to be improved and note how balanced is your wheel of life.

