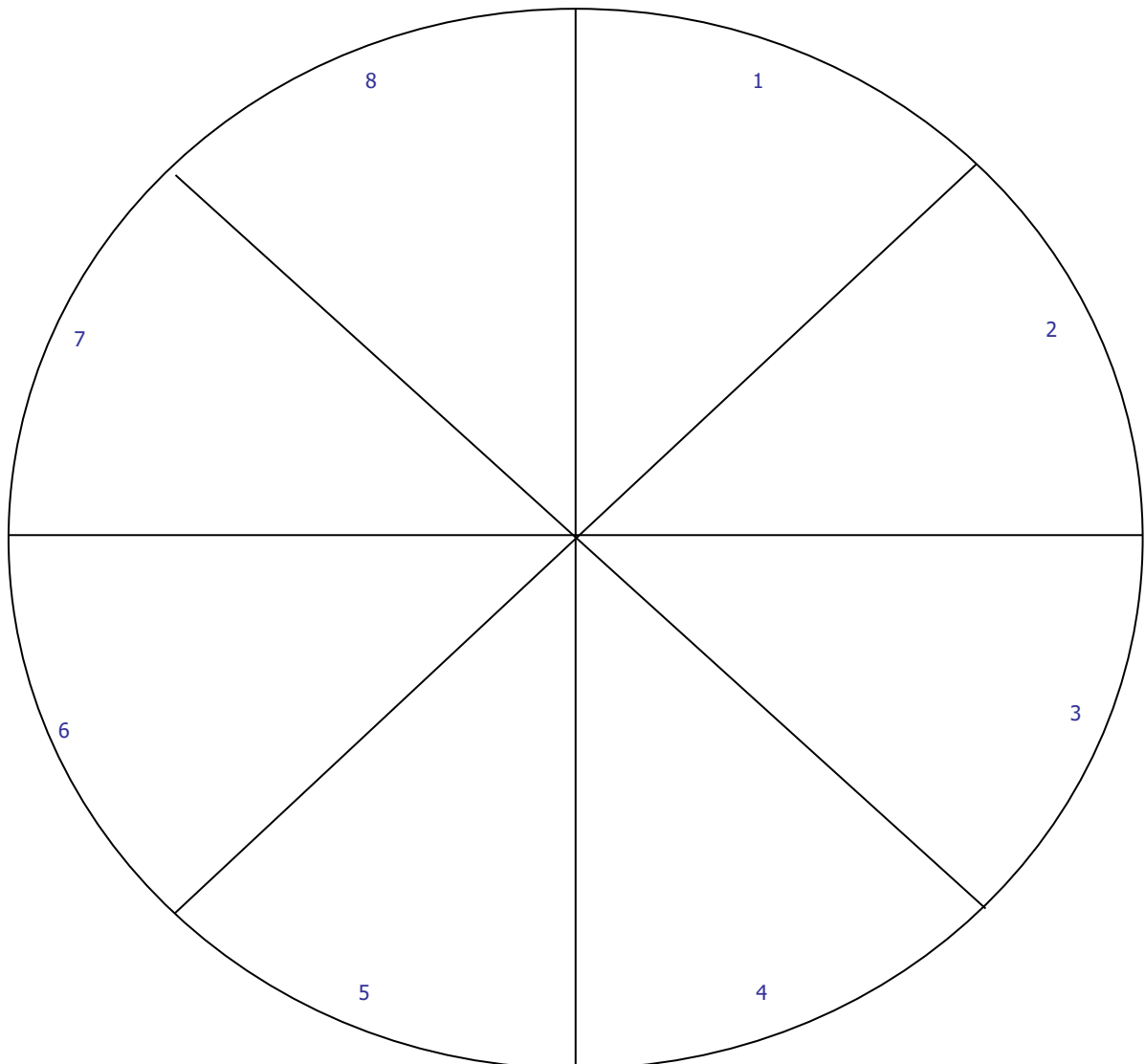




L2 - What might life hold in store?

Wheel of Life Exercise

- Use the segments of the wheel to map out the important elements of your life e.g. family, friends, school work, leisure & hobbies etc.
- Rank the segments in order of most important to you (some might be ranked equally).
- Use the box below to reflect on your segments. Why have you prioritised in this way? Why are these aspect of your life the most important to you? Reflect on your partner's wheel? How does it differ from yours?





L2 - What might life hold in store?

Virtue Wheel Exercise

- Think of the virtues that you currently demonstrate (use your VIA results as a starting point) and the list below.
- Write your virtues into the wheel below and evaluate how you demonstrate that virtue (you could use a ranking scale 1-10 or you might give some practical examples of how you demonstrate the virtues from your life).

