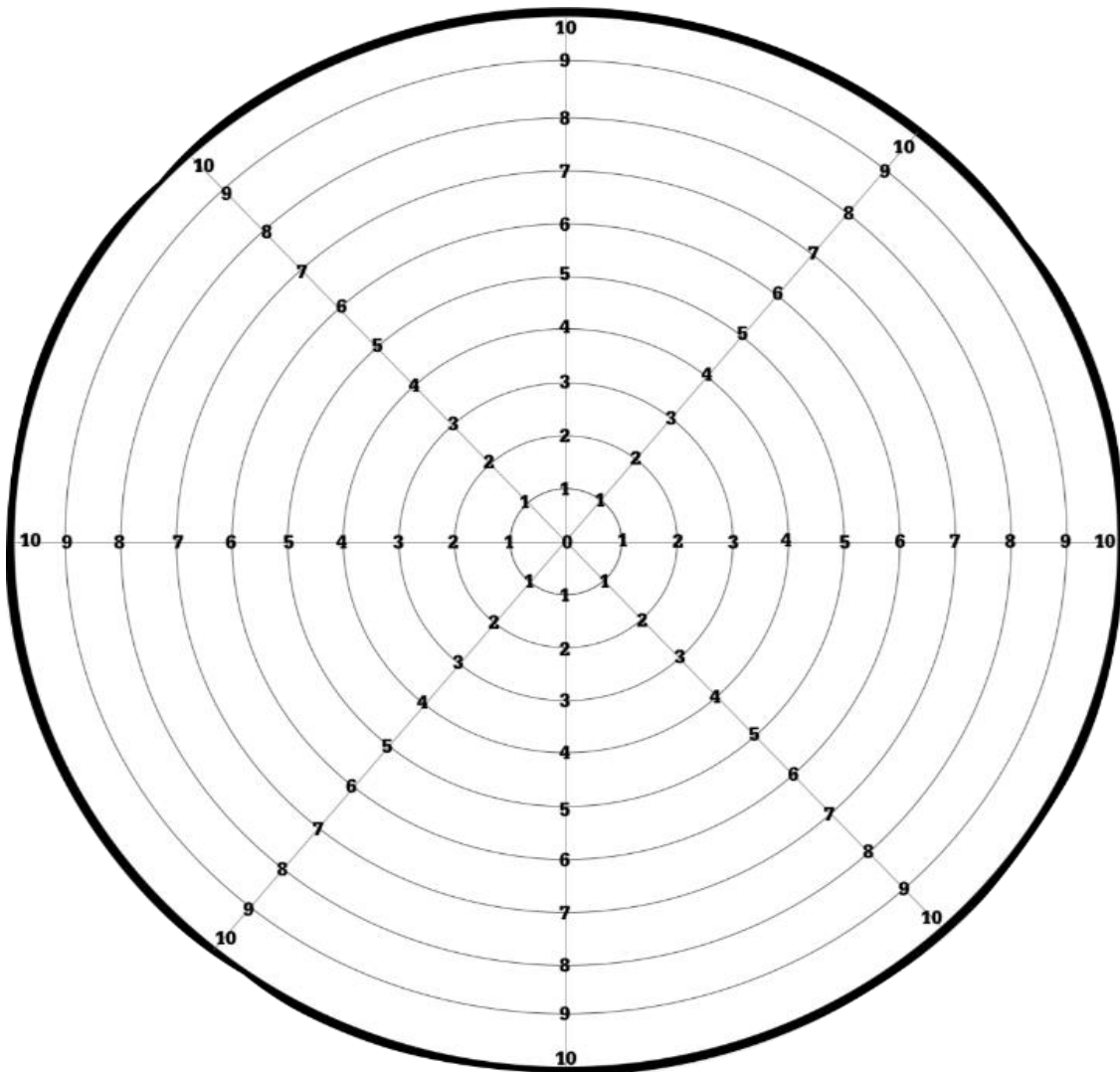


### MT2.1\_7 Group Exercise: Activities for Practising Self-awareness and Self-efficacy

#### Wheel of Life



Attachment to MT 2.1\_7\_1  
Task 2.2



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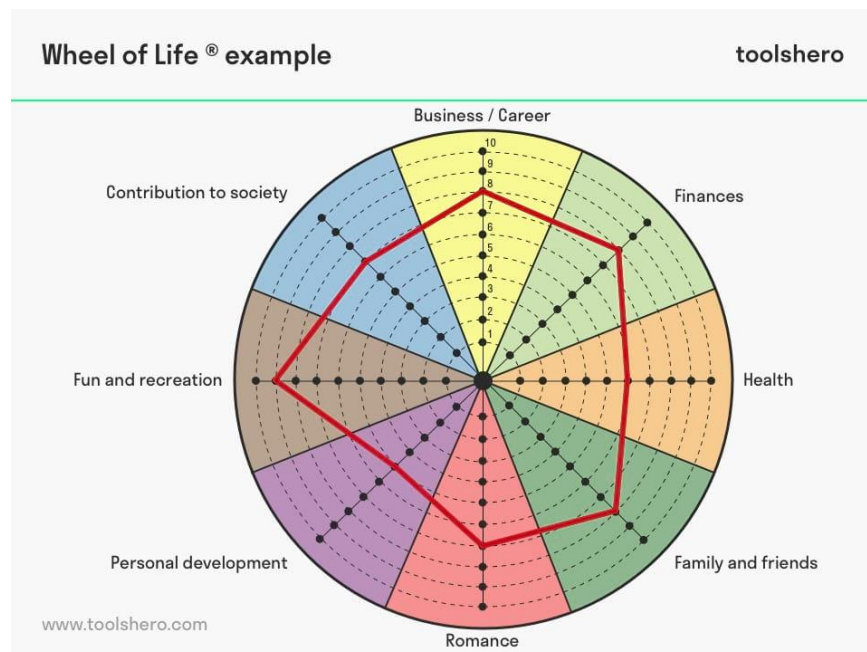
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**This ‘wheel’ will help you to look at what is important to you in your life.**

**Instructions:**

1. Think about **eight parts of your life that are the most important to you**. These can be linked to areas of life that are key for you (e.g., Business/Career, Finances, Health, Family and Friends, Romance, Personal development, Fun and recreation, Contribution to society).
2. Then, write these on each section of the wheel.
3. Mark from 0-10 how much **energy or attention you are paying** to each of these areas at the moment and join these up.
4. Mark from 0-10 how much **energy or attention you want to pay** to each of these areas and join these up.
5. Finally, connect the dots and look at where there are gaps between the two marked areas.
6. Swap wheels to see others’ life priorities in the group.
7. In groups, see if there is anything you can do to bridge the gaps.

**Example:**



Attachment to MT 2.1\_7\_1  
Task 2.2



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