

Personal Development Wheel – TEMPLATE

Colour in each section of the wheel to show how confidently you agree with each heading, based on the following ranking:

- 1. Not confident at all
- 2. Early stages
- 3. Halfway there
- 4. I agree but could do more
- 5. Completely agree

For example, if you feel extremely confident and knowledgeable about money, colour the whole section.

If you feel not confident at all about looking after your physical health, fill in that section up to the number 1 line.

