## **Positive Power Hour**

## **Anna Campkin June 2022**

## Wheel of Life

The wheel of life is a tool we use for measuring progress with our goals. Here the wheel is split in to 8 sections, but use as many as you need to, I advise between 6-8.

This could include: diet, exercise, energy, motivation, confidence, daily routine, family, friends, self-care, personal development.





