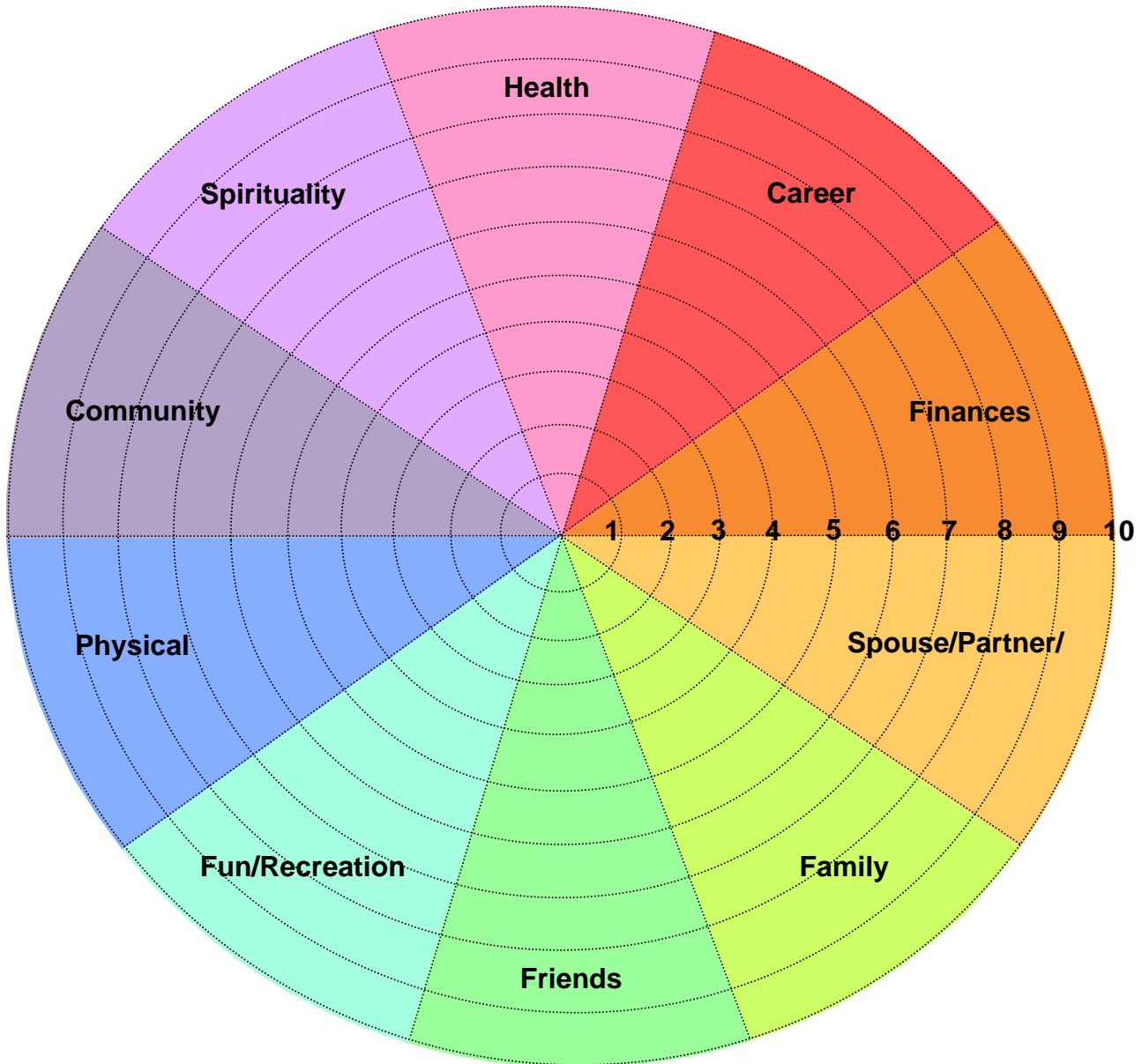


Invest to Lead 5

Resilience Life Wheel



Use this wheel as a tool to start exploring your resilience levels.

In order to create your life wheel, think about each segment and rate where you are on the scale (1 = the worst it can be → 10 = the best it can be). Draw along the line in each segment relating to your score, then join these lines together along the straight diameter lines to form a continuous line around the wheel.

Using the tool will help you to reflect and gain insight into achieving resilient balance and satisfaction across the range of life related issues.

You can use this as a self reflection tool to establish why your resilience wheel looks the way it does and what you would like it to look like.