

Thank you for downloading the planning form

## Session 3b: Life Segments



Use this tool to help determine where you focus your priorities for the next six months.
On each segment, the point in the middle wheel they all meet is " 0 ". The outer edge is " 10 ".
Rate your satisfaction out of 10 for each segment by shading in the circles to the limit you assess each segment. Once you have, you will likely have an idea where you want to start. It doesn't have to the segment with the lowest score. That is just an indicator.

