



GARDEN *of* AYDEN

BY SUKAIYNA GOKAL

INSTRUCTIONS: Look at the following Wheel of Life. Assess where you were 5 years ago. Contemplate what you would like to do different today. Assess where you are today. Contemplate what you would like to do differently today. Assess where you would like to be 5 years from now. Fill in the detail on the next page and make a commitment to yourself to make it happen.

WHEEL OF LIFE EXERCISE

SURROUNDINGS

PROFESSIONAL PATH

FINANCES

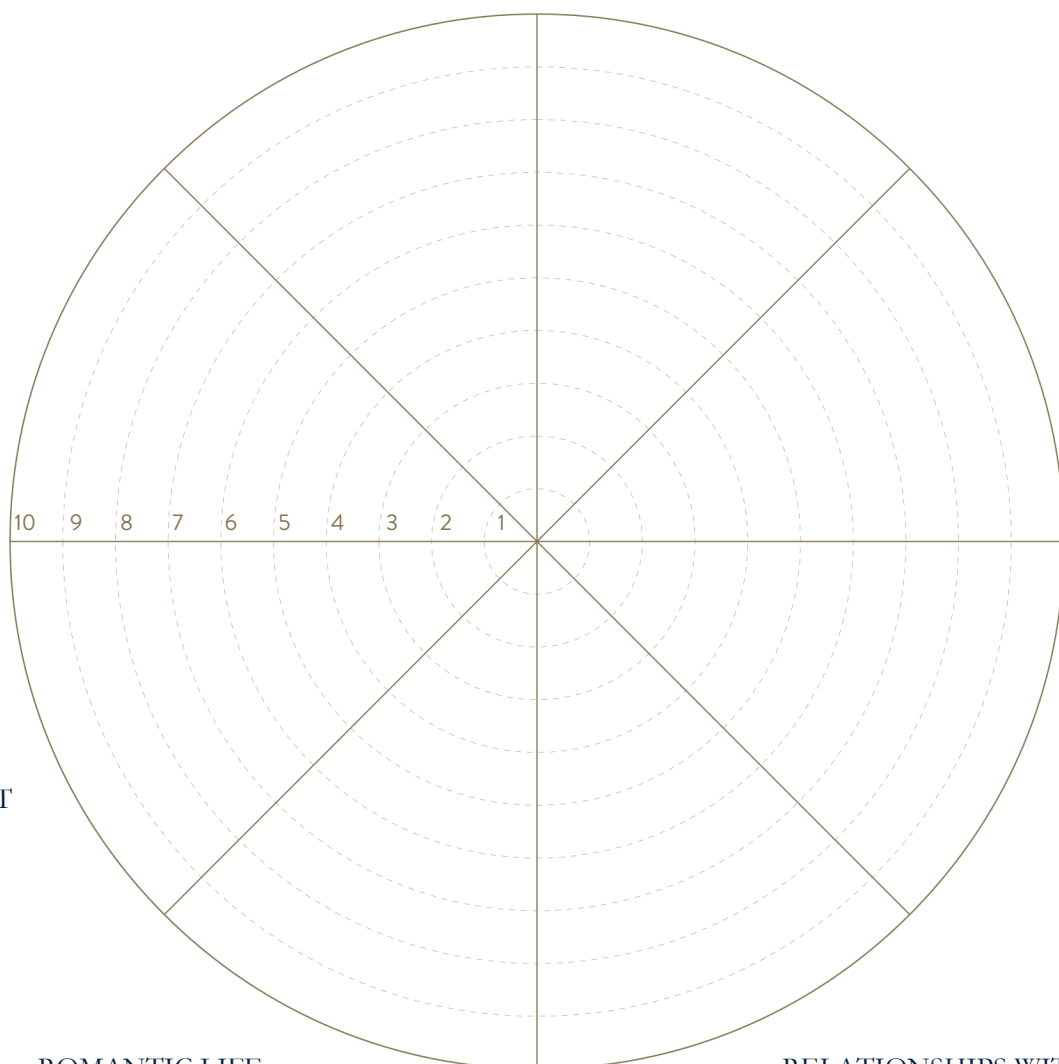
HEALTH &
WELL-BEING

RELATIONSHIPS WITH
FRIENDS AND FAMILY

ROMANTIC LIFE

SELF-
DEVELOPMENT

LEISURE AND
ENJOYMENT



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