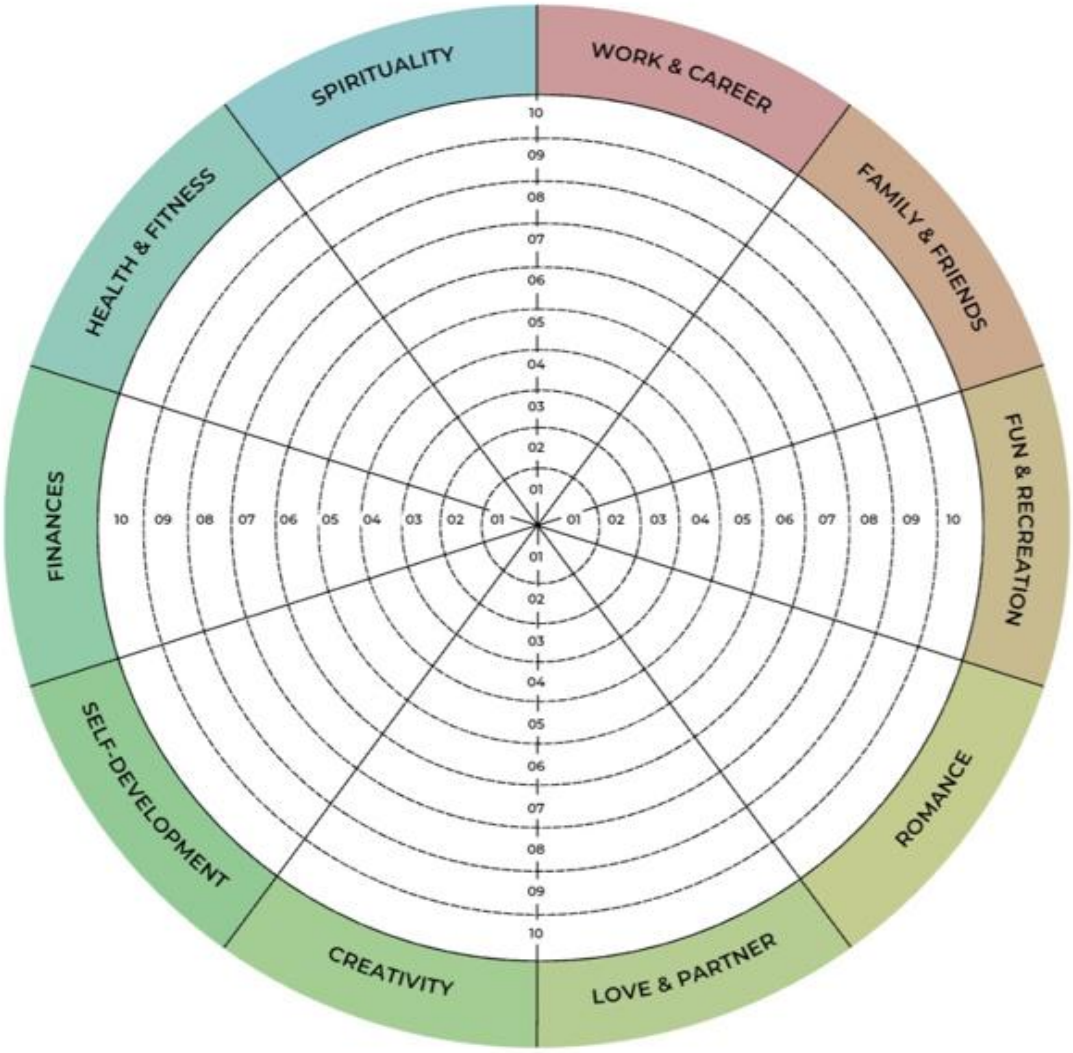
# Therapy-on-Sea

## The Wheel of Life

Time: 15+ Minutes

Difficulty: Easy




How to use

1. Mark your score for each category. 1 being poor – 10 being fantastic
2. For the categories that are low, talk together about what you can do singularly or together to improve the score

Sian Hines Counsellor and Hypnotherapist (Ad Dip Psy C, Prof. Dip Psy C)