



## Did You Know ?

The Wheel of Life can be a helpful tool for tracking your progress over time and identifying areas where you may need to focus more attention or make changes. You can set goals and make adjustments to improve your overall well-being and satisfaction with life.

We suggest setting up a Wheel Of Life every 6 months to track your progress and identify areas where you need to make improvements. Let us know if you need any assistance with this process!



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## THE WHEEL OF YOUR LIFE

To get started, all you need to do is divide the wheel into different sections, each representing a different area of your life such as career, relationships, finances, health, personal development, and more (See page 3).

Then, rate your satisfaction with each area on a scale of 1 to 10. The outer rim indicates a great level of satisfaction with a rating of 10, while the inner circle indicates a lower level of satisfaction. Once you've rated each area, connect the dots to see how balanced or imbalanced your life is overall.



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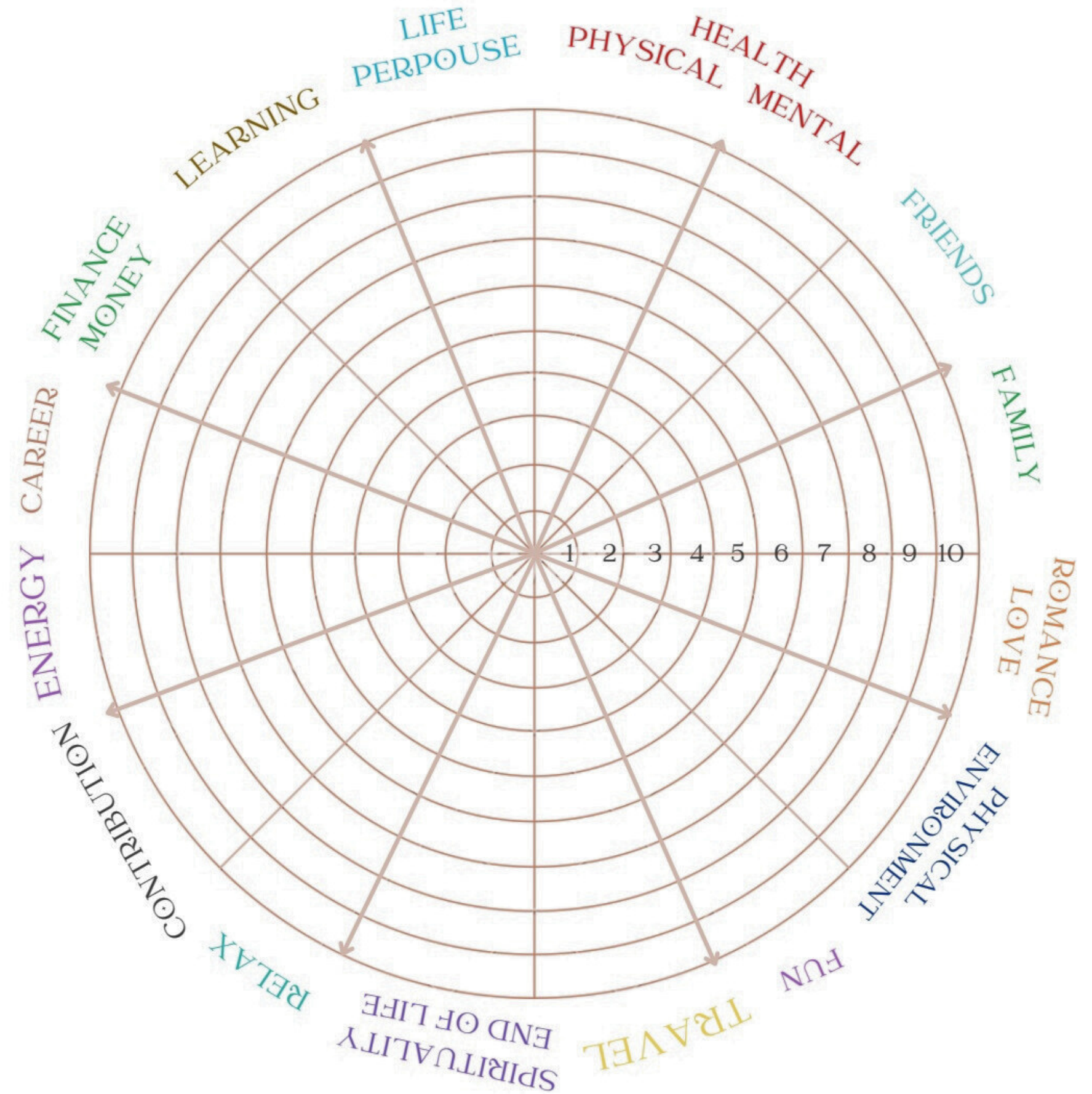
# THE WHEEL OF YOUR LIFE



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Take your time in a quiet place without any distractions. Remember that the wheel of life is only for your eyes, so you can be completely vulnerable doing this. No one is here to judge you. To do your best, be honest with yourself and after you finish the wheel, look at it carefully.

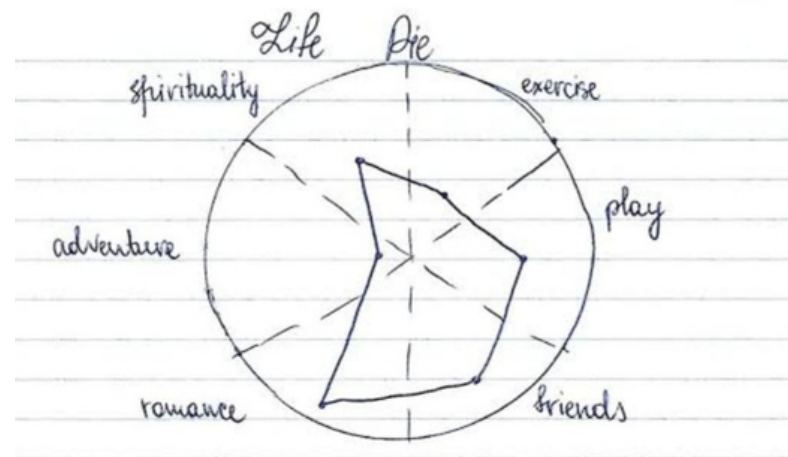




## THE WHEEL OF YOUR LIFE

When you take a moment to reflect on your life, you may notice that there are certain areas that feel neglected or are getting very little attention. The good news is that by embarking on a self-discovery journey with yourself or with us, you can begin to make positive changes in those areas. Over time, you may see a transformation from the spider-like tarantula shape to a more balanced and harmonious Mandala shape.

It's important to remember that a tarantula shape is common when connecting the dots on the Wheel of Life, but with intentional effort and focus, you can make progress towards a more fulfilling and satisfying life.



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In the final step, you should create a list of five aspects of your life that you feel need transformation.

Once you have identified these areas, it's important to prioritize them and choose the one that is most important to you. This area should be mentioned as an issue in your intake form, so we can work on it together during our session(s) or alternatively, you can choose to work on it independently as part of your self-discovery journey.

## THE WHEEL OF YOUR LIFE



As you may have noticed, change begins with self-awareness, and self-awareness begins with a willingness to look within. By practicing this exercise, you can develop this self-awareness and take an important step forward. Be Happy, Be Peacefull.

-Setareh Rajaei



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