



Transformational Tool 1

A Gift From Setareh

www.setarehtherapy.com



The Wheel of Your Life

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This is the beginning of your journey Coming Back Home to Yourself.

Your first tool, The Wheel of Life, invites you to explore where you are today and gently reflecting on your life, helping you see which areas may need more attention and care.

Benefits

- Brings clarity to what's working and what's not.
- Shows balance (or imbalance) at a glance.
- Builds confidence in your ability to know where to begin.
- Helps you set realistic goals.

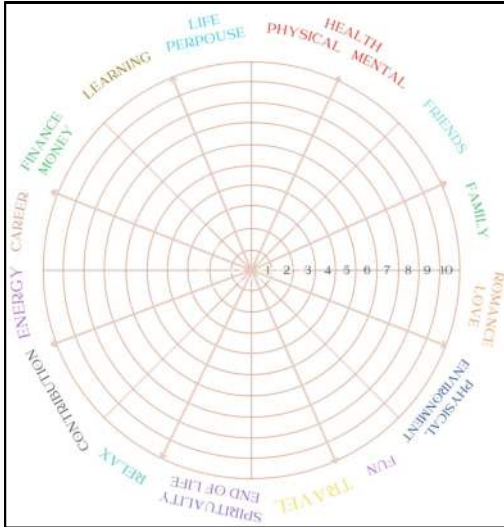
Keys to Remember

- Be honest with yourself.
- There are no right or wrong answers.
- Small steps create big change.
- Review and redesign the wheel every six months or once a year to track your journey and celebrate your growth.

“ Transformation begins quietly, in the space between what you know and what you're ready to see.” - Setareh.R

• First Step- Draw

1. Draw a circle and divide it into at least minimum 8 sections (like slices of a pie). For example: health, spirituality, family and so on.
2. Mark your score in each section from **1 (low satisfaction) to 10 (high satisfaction)**.



3. Place a dot on the number you choose for each area.

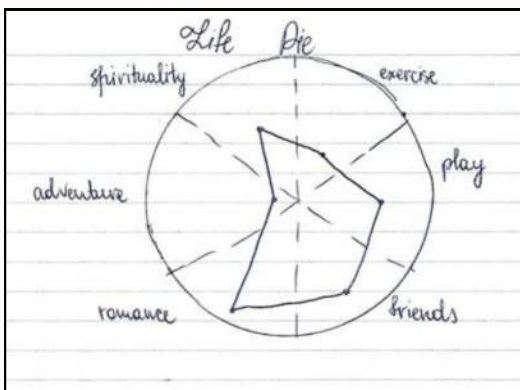
4. Connect the dots around the circle. The shape you create shows how balanced your life feels right now.

• Reflection

Now look at your life with gentle honesty. This wheel is not about perfection, it's about self-awareness.

It will show you where your life feels unbalanced.

You may notice a spiky or uneven shape like a tarantula when you connect the dots.



As you grow and redesign your wheel in the future, you'll see the shape become smoother and more rounder.



• Final Step- Take Action

1. Now look at your wheel and make a list of five areas in your life that have lower scores.
2. From your list, choose three areas to prioritize and focus on.
3. Explore possible solutions, supportive resources, and create a simple plan to transform these areas.
4. Ask yourself: What is one small step I can take soon, perhaps today or this week to move forward?
5. Print the next page to create your wheel.



Congratulations on Completing Transformational Tool.

You've just taken your first step in Coming Back Home to Yourself.

There are 9 more guides waiting to support your continued journey.

If you ever feel called to deeper support, know that I'm here to walk beside you.

Wishing you a gentle and smooth human journey,

Setareh

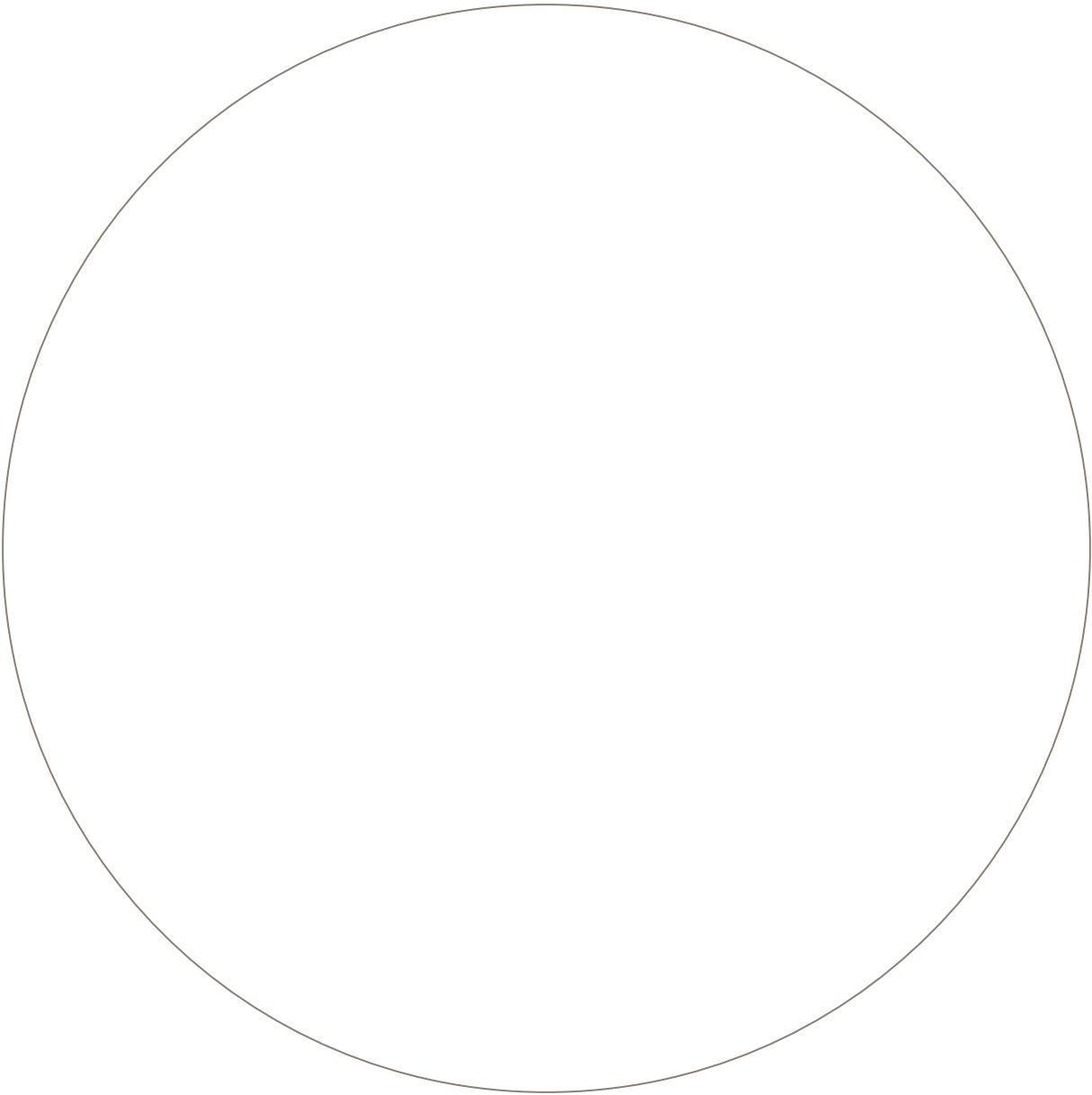
 **Get in touch: hello@setarehtherapy.com**

 **Visit: www.setarehtherapy.com**



The Wheel of Your Life

Date: _____



Five Areas That Need Attention

Prioritize three of them to work on

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



- ☐ _____
- ☐ _____
- ☐ _____