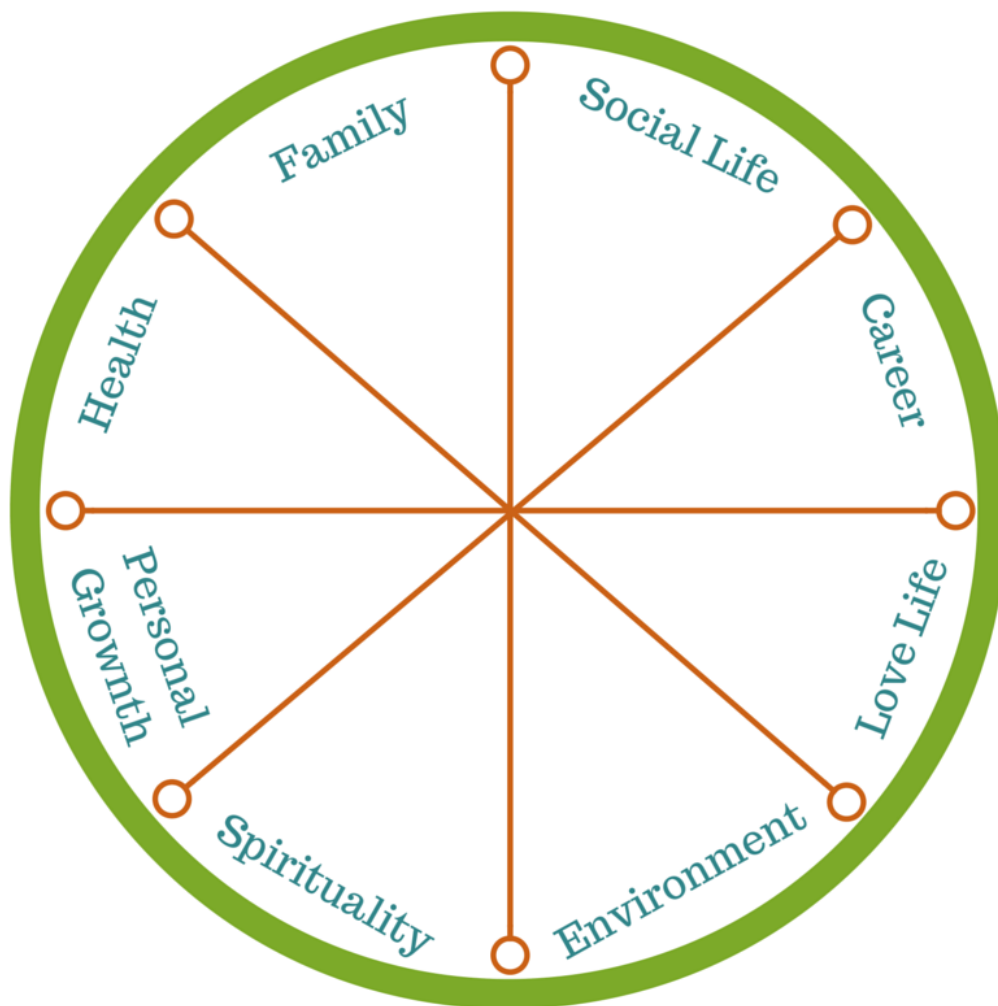




Healing Trauma, Enhancing Communication, Conquering Fear

Wheel of Life Activity

Take some time to reflect on the different areas of your life and give each a rating between 1 and 10. 1 being needs a lot of work and 10 being totally satisfied. This will help bring some clarity on where to start in your transformation.



Clare Ng
Relationship & Codependency Coach
Clare@NovusteCoaching.com
www.NovusteCoaching.com