



GARDEN of AYDEN
BY SUKAIYNA GOKAL



Online Version

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

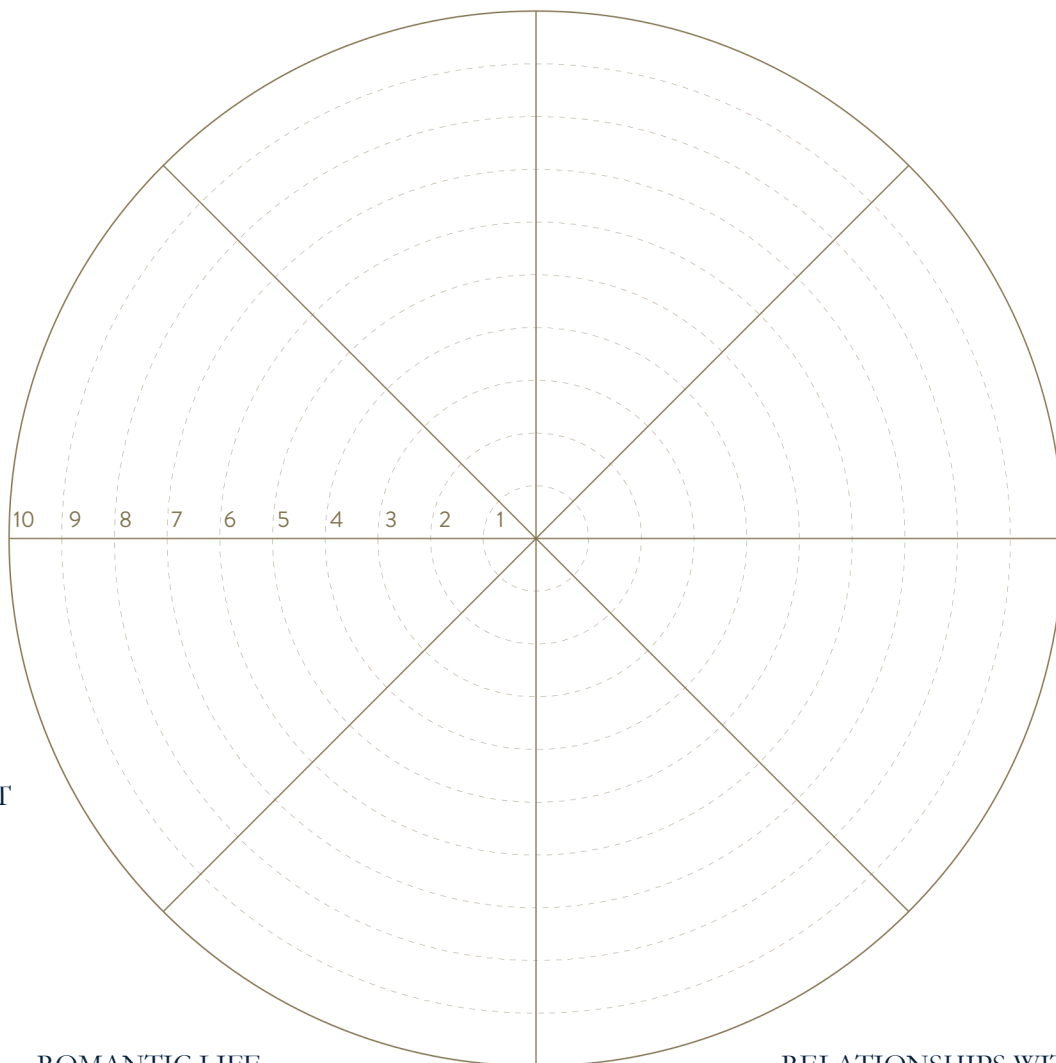
PROFESSIONAL PATH

LEISURE AND
ENJOYMENT

FINANCES

SELF-
DEVELOPMENT

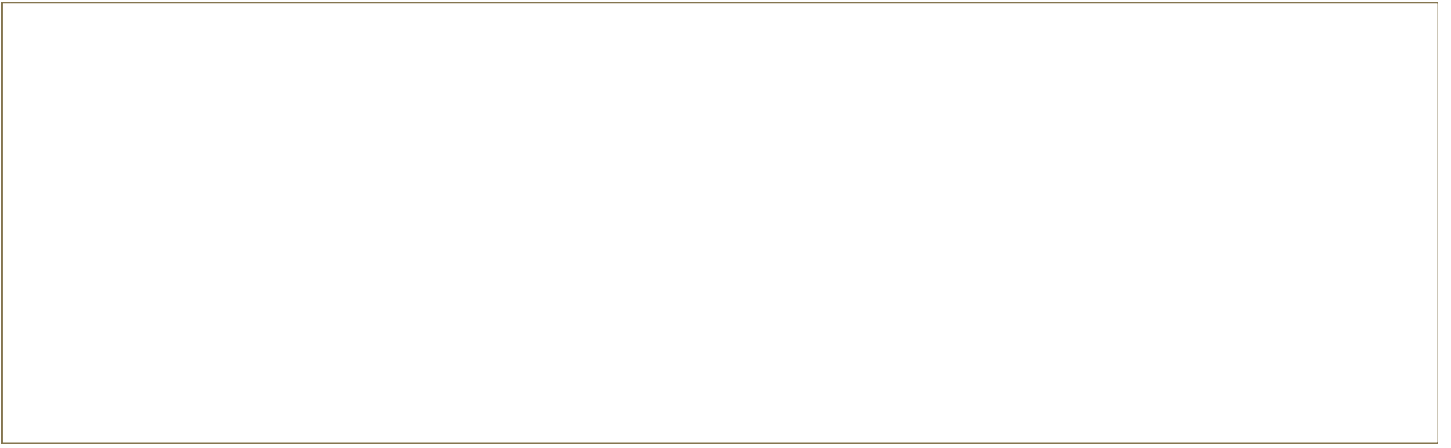
HEALTH &
WELL-BEING



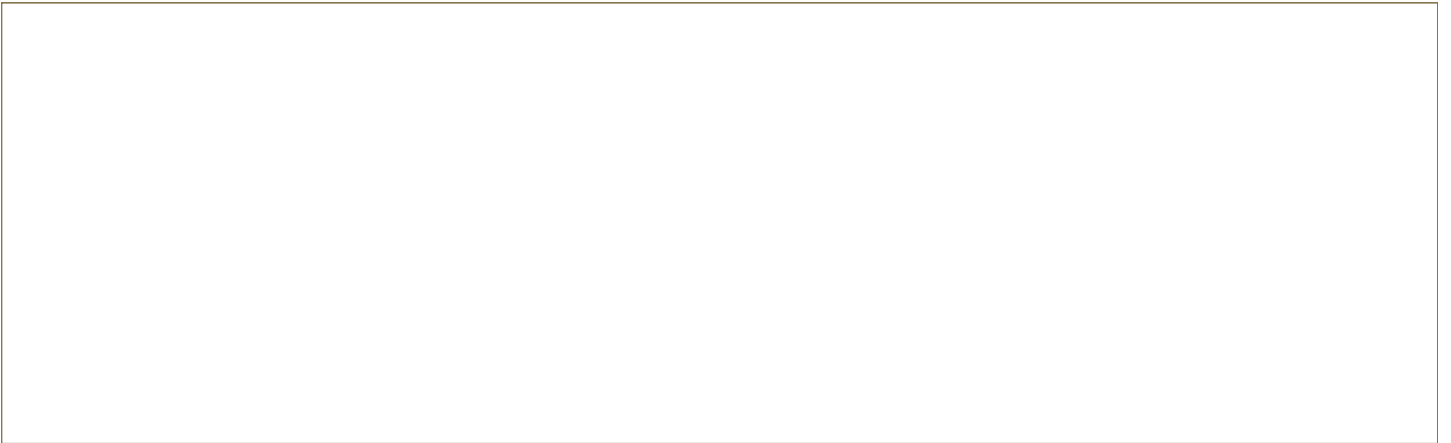
ROMANTIC LIFE

RELATIONSHIPS WITH
FRIENDS AND FAMILY

SURROUNDINGS

A large, empty rectangular box with a thin black border, intended for writing or drawing related to the 'SURROUNDINGS' section.

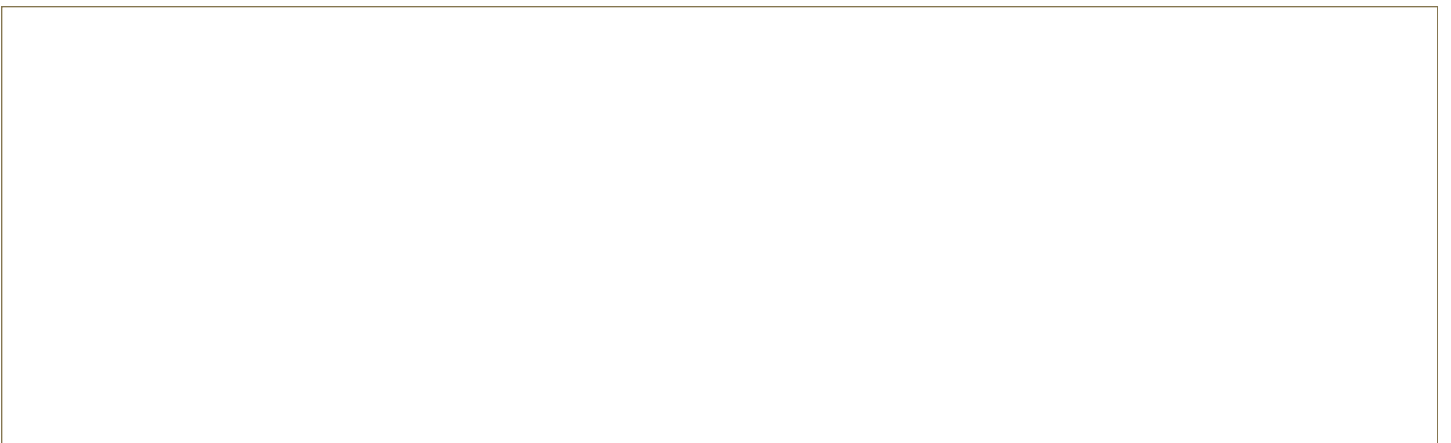
PROFESSIONAL PATH

A large, empty rectangular box with a thin black border, intended for writing or drawing related to the 'PROFESSIONAL PATH' section.

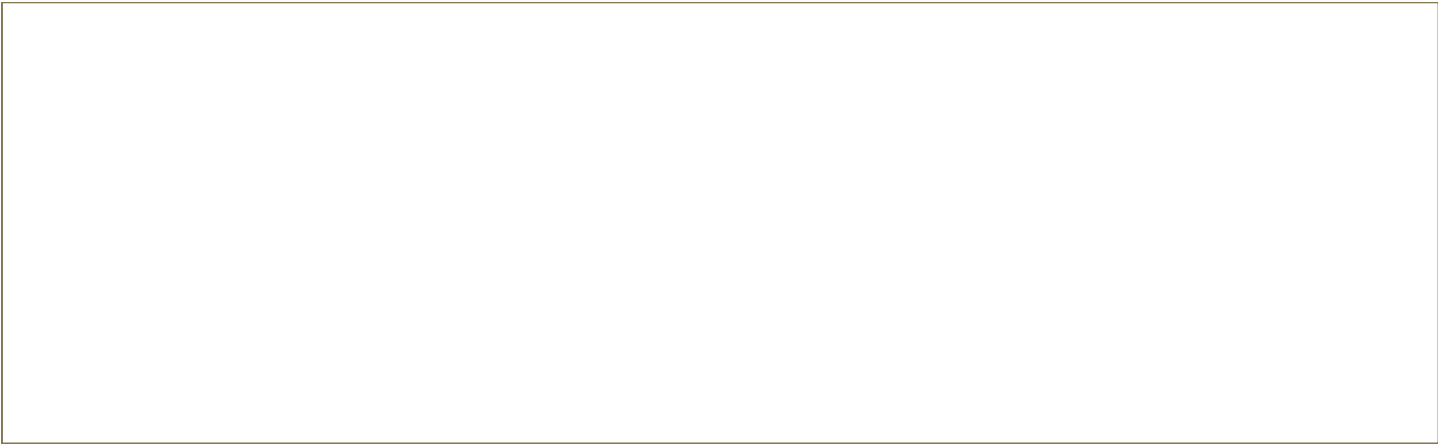
FINANCES

A large, empty rectangular box with a thin black border, intended for writing or drawing related to the 'FINANCES' section.

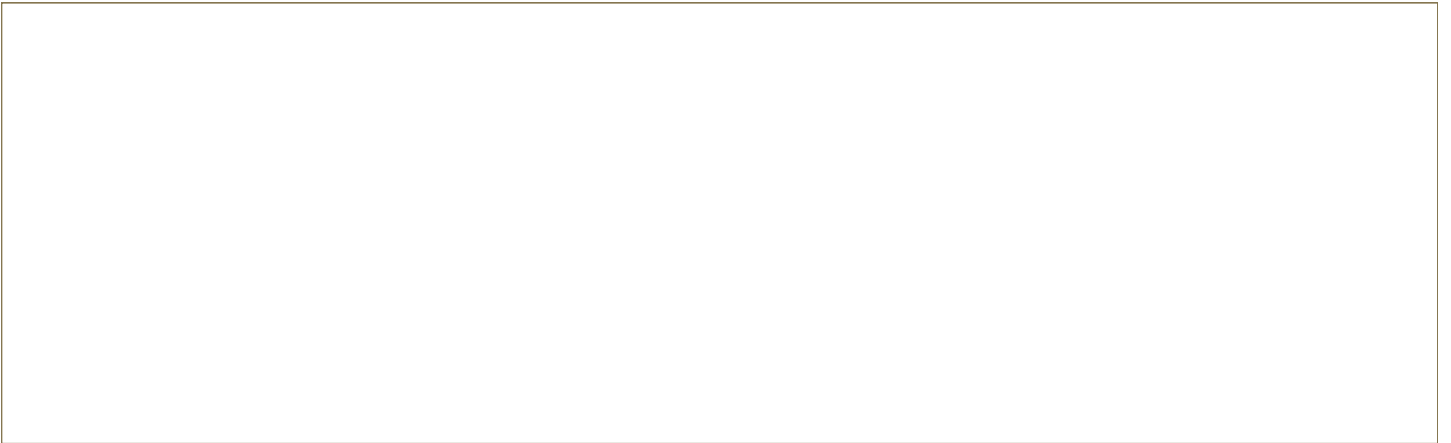
HEALTH & WELL-BEING

A large, empty rectangular box with a thin black border, intended for writing or drawing related to the 'HEALTH & WELL-BEING' section.

RELATIONSHIPS WITH FRIENDS AND FAMILY



ROMANTIC LIFE



SELF-DEVELOPMENT



LEISURE AND ENJOYMENT

