

Spider diagram: each line signifies an important area of life. The distance from the centre represents how far you are towards achieving your goals in that area of your life. Make a cross on the line that shows how close you are to having that part of your life exactly as you'd like it to be. For example if you are completely satisfied with work and study make a cross right on the point on the outer end of the line. If you are only half way towards being happy with personal leisure and hobbies make a cross half way along the line. When you have finished join the crosses as if drawing a spider's web. A web that joins all the outer points on the star would show that you feel that all areas of your life are in balance. Where the web is indented it shows an area of your life that you might like to improve.

