



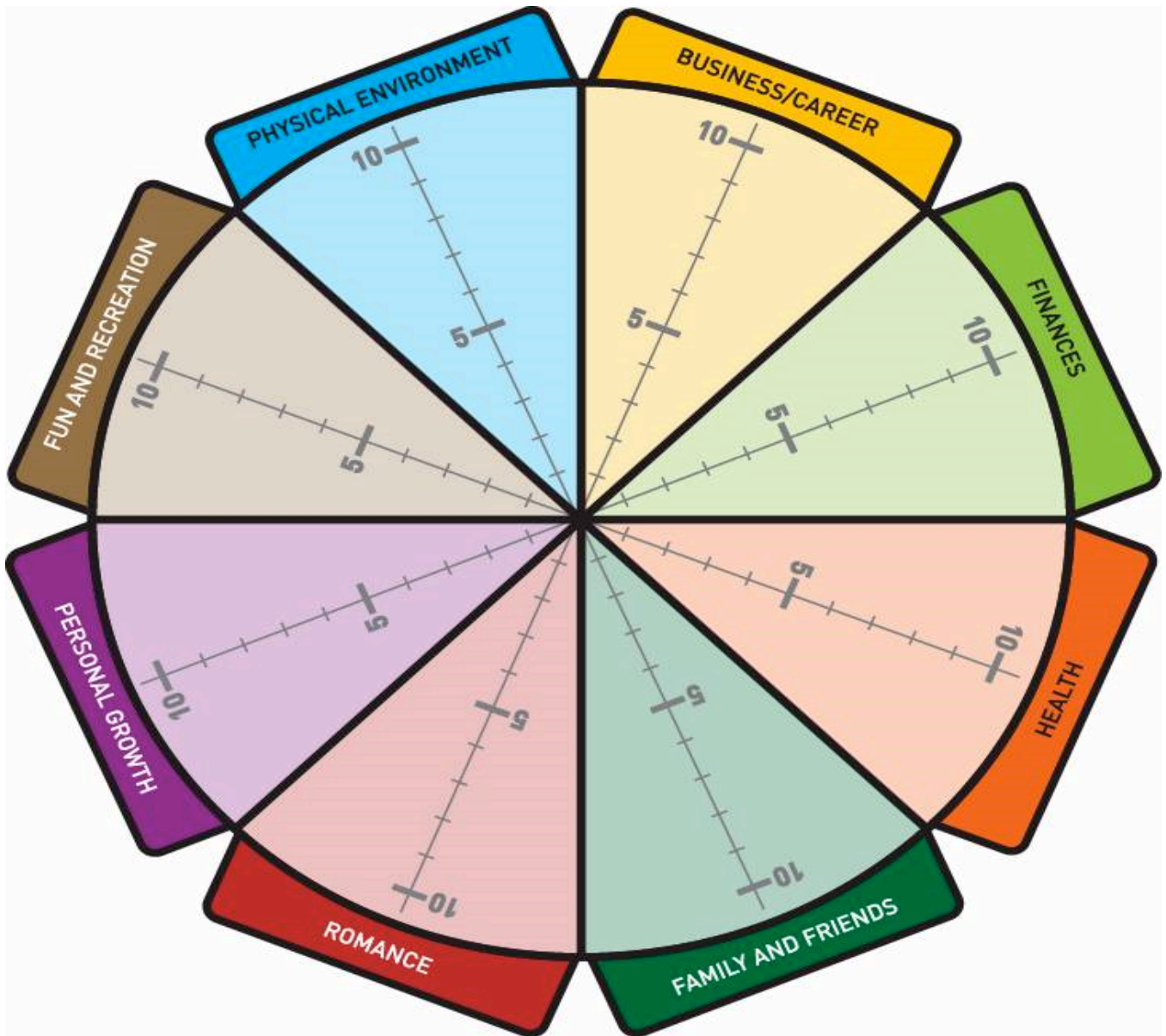
Dr John Barletta

DipT, BEd, GradDipCouns, MEdSt, PhD, M.A.P.S.

Consulting Rooms:
The Grange Practice
Level 1, Suite 2
3 Days Road (Cnr Gilbert Rd)
GRANGE QLD 4051
Australia

Counselling, Consulting & Clinical Psychologist

Contact:
Telephone: 07 3356 4400
Facsimile: 07 3356 4600
Mobile: 041 383 1946
Email: john@johnbarletta.com
Web: www.johnbarletta.com



THE WHEEL OF LIFE

An exploration of The Wheel of Life is very useful to begin the process of self-review when you want to plan for personal and professional growth (i.e., to enhance wellbeing).

1. If you consider the perimeter of the wheel to be the best you think you could achieve, place a mark (X) at the relevant point on the spoke indicating where you believe you are generally at this time of your life.
2. Join all the marks consecutively, and then examine the **shape** that is formed. (Is the shape smooth or bumpy? Small or large?)

Consider if it is important to you to make some changes to improve your life-balance.

Form some goals/plans—be clear, concise, realistic, action-oriented, & specify the timeframe.

Provider Number: 2647132T

ABN: 71485084298

Registration Number: PSY961260

Academic
Lectures
Scholarship
Supervision

Clinical
Assessment
Diagnosis
Treatment

Counselling
Adult Psychotherapy
Couples Counselling
Family Consultation

Forensic
Court Reports
Medico-Legal
Non-Treating

Organisational
Consulting
Mediation
Workshops