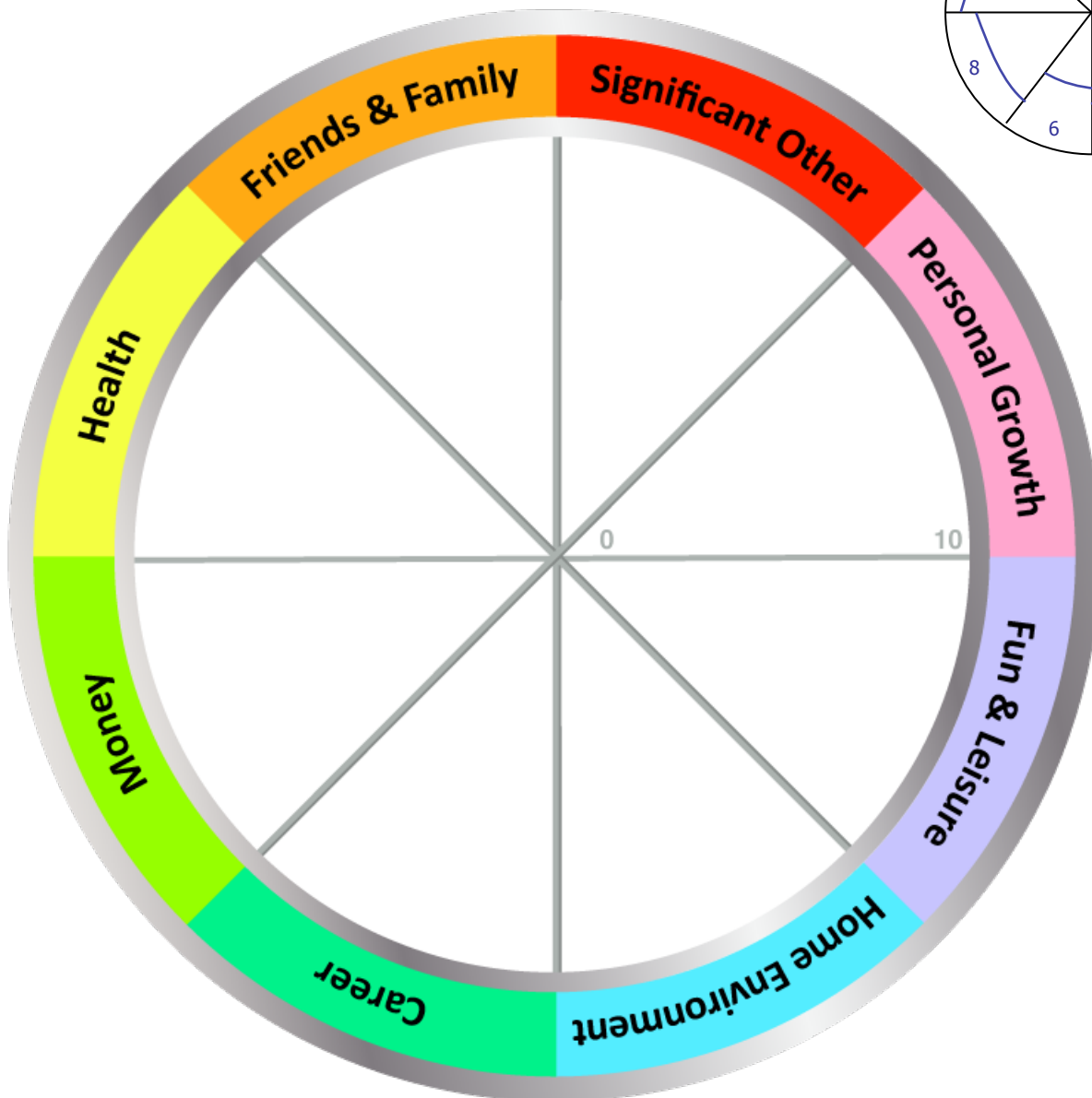
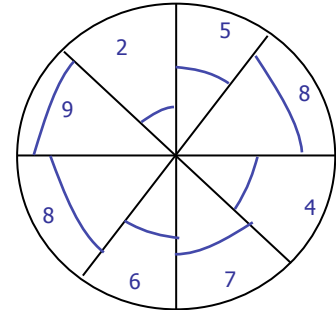


Your Wheel of Life!

YOUR NAME: _____

TODAY'S DATE: _____

EXAMPLE



COMPLETE THE WHEEL:

- Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- Next, draw a line across each segment that represents your satisfaction score for each area.**
 - Imagine the centre of the wheel is 0 and the outer edge is 10
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
 - Now draw a line and write the score alongside (see example above)

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!



Your Wheel of Life!

Detailed Instructions:

1. Review the 8 categories on your Wheel of Life. The categories should together create a view of a balanced life for you. If necessary you can split category segments to add in something that is missing, or re-label an area to make it more meaningful for you. Examples of changes are:
 1. **Family and Friends:** Split "Family and Friends" into separate categories.
 2. **Significant Other:** Changing the category name to "Dating", "Relationship" or "Life Partner".
 3. **Career:** Changing the category name to "Motherhood", "Work", "Business" or "Volunteering".
 4. **Finances:** Changing the category name to "Money", "Financial Security" or "Financial Wellbeing".
 5. **Health:** The category name could be split or changed to "Emotional", "Physical", "Fitness", "Spiritual" or "Wellbeing".
 6. **Home Environment:** The category could split or change to "Work Environment" for career or business clients.
 7. **Fun & Leisure:** The category name could change to "Recreation"
 8. **Personal Growth:** The category name could change to "Learning", "Self-Development" or "Spiritual"
 9. Other categories to add could include "Security", "Service", "Leadership", "Achievement" or "Community".
2. Think about what success or satisfaction would feel like for each area.
3. Rank your level of satisfaction with each area of your life by drawing a line across each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied you are currently with each category in their life.
4. The new perimeter of the circle represents YOUR current Wheel of Life.

Want to go a little deeper in this exercise and strategize about how to achieve greater balance? 1. Go to my website (link on the bottom of the page). 2. Click on the green pop up Contact Me button. 3. Click on the Schedule button and select "Transition to Transformation" to schedule your free 20-Minute consultation.