

INSPIRED FOR LIFE

WHEEL
OF
LIFE



A SNAPSHOT OF “WHERE YOU'RE AT” IN LIFE, TODAY. USE THE CATEGORIES PROVIDED HERE. IF THERE IS A SPECIFIC AREA YOU WOULD LIKE TO LOOK INTO, JUST SUBSTITUTE A CATEGORY, WITH THE ONE YOU WANT.

Main Life Areas to Consider.

Fun & Recreation – Social Life, Leisure, Hobbies, Passion, Laughter (I regularly take the time I need to experience play, adventure and leisure, I know what activities renew me and bring me alive and I participate in them regularly, I create plenty of space in my life to relax and enjoy myself and others, I create fun for myself and others).

Career & Business – Work Hours, Career Direction, Purpose & Meaning, Performance (I love my work, I feel my talents and skills are well used in my work, I enjoy my work environment and the people I work with, I see opportunity for growth and development in my position, I feel like I have found my right livelihood).

Financial Security & Money – Budgeting, Savings, Income, Investments (I have enough money to do the things I want to do and to accomplish the things that are important to me, I manage my money and financial affairs and records well, I am free from worry and anxiety about money, My financial future feels robust and sustainable).

Personal & Spiritual Development – Education, Learning, Reading, Awareness, Self-space, Connecting, Spirituality (I have a belief system that sustains me no matter what circumstances life throws at me, I am engaged in the unfolding story of my life and approach each day as an adventure, I regularly experience living a life that I love and loving who I am becoming, I regularly engage in activities and learning that grow and expand me).



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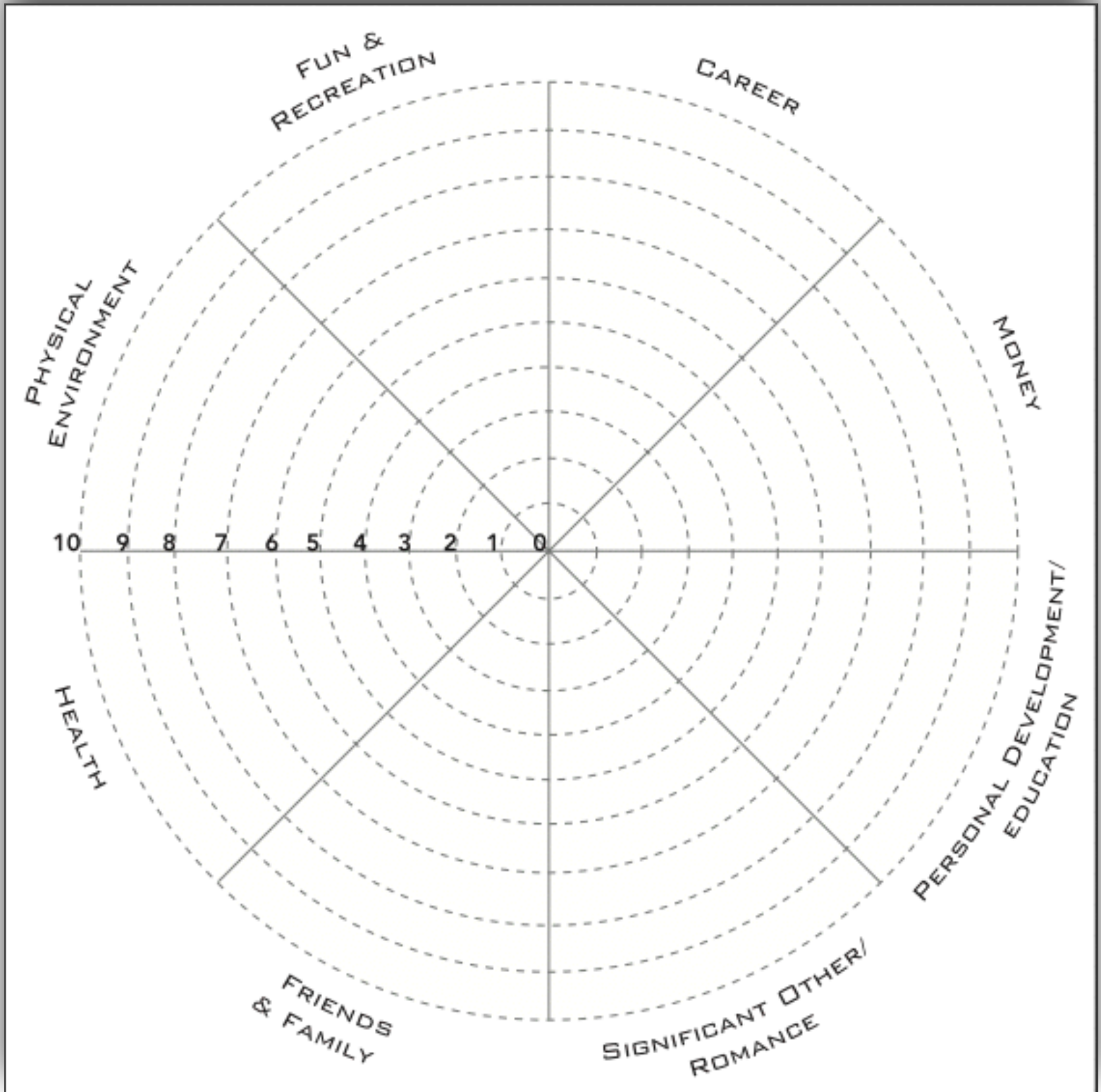
Romance & Relationship – Partner, Communication, Romance, Intimacy, Space, Sex (I am open to creating an intimate loving relationship. I am free from past resentments or blame in the area of intimate relationships. I am willing to risk myself for the sake of intimacy. I create romance in my life.)

Family & Friends – Relationship, Time, Quality, Support, Community (I am satisfied with the level of contact I have with my family. Nothing feels hidden or withheld in my relationships with family members. I have created the experience of family in my life, whether or not it is with my biological relatives. I have a sufficient number of great friends. I am a good friend and I make myself available to my friendships. I trust the relationships I have with my friends. I love and make the most of the time I spend with my friends).

Health & Well Being – Self Care, Eating habits/Diet, Fitness, Sleep, Relaxation, Emotional Health (I approach my health in a proactive and generative way, rather than crisis management mode. I am satisfied with my level of vitality and well being. I have support systems and structures in place that allow me to easily maintain my health and well being. I am conscious of my body and fitness level and take responsibility for my physical well-being. I know what works for me to maintain my health and I consistently do it).

Physical Environment – Clutter around you, your car, house, desk etc (I feel nourished and supported by my home. I am surrounded by things that I love and have meaning to me. The level of order in my surroundings is appropriate to my needs. (it serves me) My wardrobe is a clear expression of who I am. I love being in the clothes I wear).

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Using the Wheel of life.

Assign a Number From 1-10, next to each life category. Write 1 if you are unsatisfied in this area and up to 10, if you are totally satisfied.

Now, look at your scores.

What are the 2 Lowest Scores?

What are the 2 Areas You Would Like more to Move Forward?

How would you feel if you could significantly move forward in these 2 areas?

Area 1.

Area 2.

What could you do to start moving forward in these 2 areas?

Area 1.

Area 2.