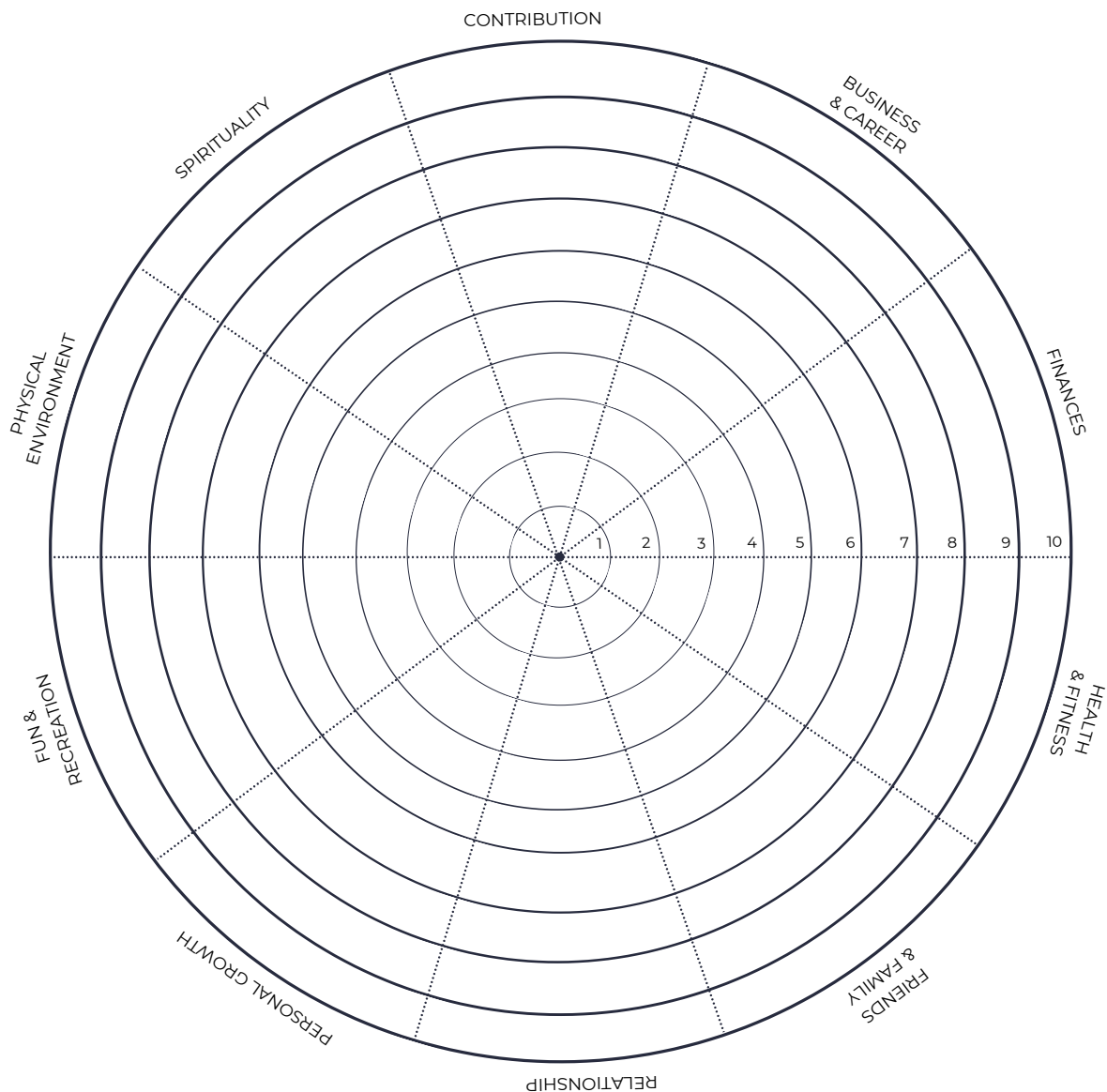


Creating a life you love



<input type="checkbox"/>	Business & Career	<input type="checkbox"/>
<input type="checkbox"/>	Finances	<input type="checkbox"/>
<input type="checkbox"/>	Health & Fitness	<input type="checkbox"/>
<input type="checkbox"/>	Friends & Family	<input type="checkbox"/>
<input type="checkbox"/>	Relationships	<input type="checkbox"/>
<input type="checkbox"/>	Personal Growth	<input type="checkbox"/>
<input type="checkbox"/>	Fun & Recreation	<input type="checkbox"/>
<input type="checkbox"/>	Physical Environment	<input type="checkbox"/>
<input type="checkbox"/>	Spirituality	<input type="checkbox"/>
<input type="checkbox"/>	Contribution	<input type="checkbox"/>

Instructions:

The Wheel of Life is a flexible tool that offers a 360-degree view of your current life situation.

It quickly identifies areas of imbalance and helps you to create goals and set priorities based on your life vision. This means to know what you want in life, and I mean really know. What makes your heart sing? What gets you bouncing out of bed in the morning?

What gives you energy? What are you working towards?

Dr. Stephen Covey told us to work, “With the end in mind” 25 years ago in his book ‘The 7 Habits of Highly Effective People’ and his message to begin each day, task, or project with a clear vision of your desired destination is as powerful today as it was then.

1. For each segment ask yourself, “On a scale from 1-10 (with 10 being the ideal), how satisfied am I with this area of my life?” Don’t over-think it, just ‘go with your gut’.
2. Rate each segment until you have a second ‘inner’ wheel. Ask, “If I had to travel far with these wheels, how would the ride be?”
3. Choose the segment you feel to be most out of balance.
4. Consider all the small successes that make up this score i.e., “What is working well?”
5. If anything were possible, what would your ideal satisfaction score be? This is your life vision for one area of your life.
6. Compare your 2 lists: ‘What I have’ & ‘What I Want’. What do you notice?
7. Take a moment to ‘live’ your ideal score for this segment; Feel what it is like, visualize your ideal day, week, month, year. The more detail, the better!
8. What could you do to move up one point between your score today and your ideal?
9. Decide on an achievable action step to bring you one step closer to your target.