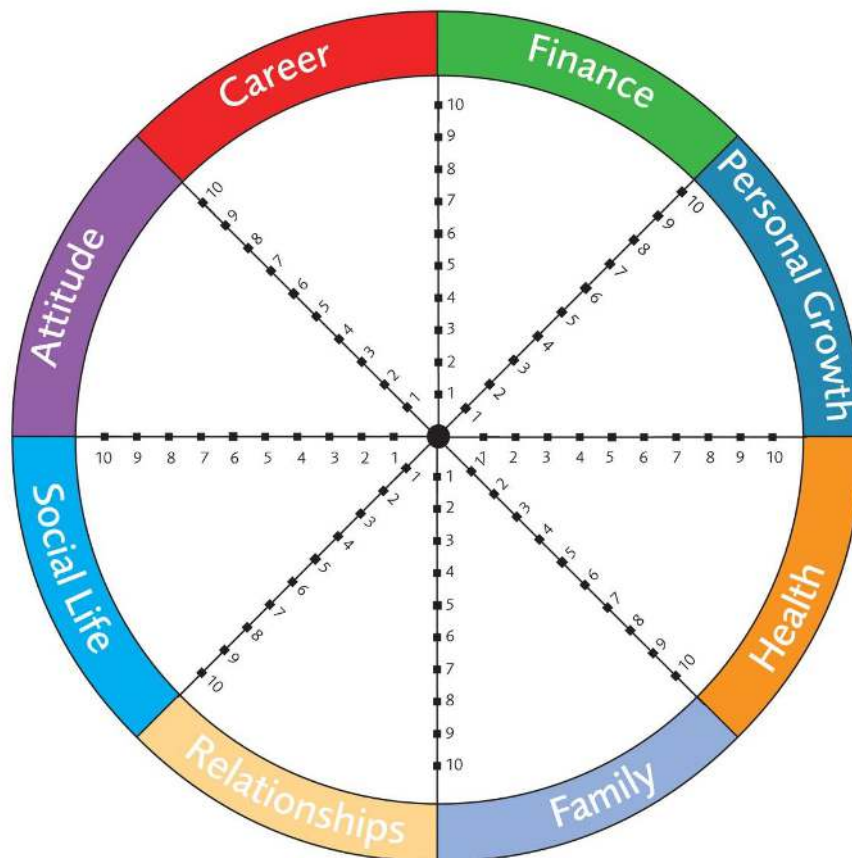


Wheel of Your Life

Below is the “Wheel of Your Life”. You might have seen something like this before. This wheel represents different aspects of your life. Rating your happiness and satisfaction in each area will give you a good idea about those areas of your life that may be out of balance, as well as areas that need to improve to increase the quality of your life. This tool in itself is insightful, but it only increases awareness of some good places to start. Soon, we are going to show you how to take it further so that you can put all of this information together in a way that makes the biggest difference.



1. **Print** this PDF.
2. **Mark** from 0-10 your happiness and satisfaction for each section.
3. **Prioritize** each one from lowest to highest
4. **Select the lowest 3** ones, those are the ones to focus on first.

Now the important part.

Answer the following questions:

The lowest one first, What specifically makes this one so low?

List the reasons, then ask yourself

“How do I know”, and write it down.

Next, ask yourself how it makes you feel, and write that down.

Now, What specifically is holding you back in this area?

Congratulations, you’ve just taken the first step in uncovering and getting clear on some areas that will make a huge impact on the quality of your life when addressed.