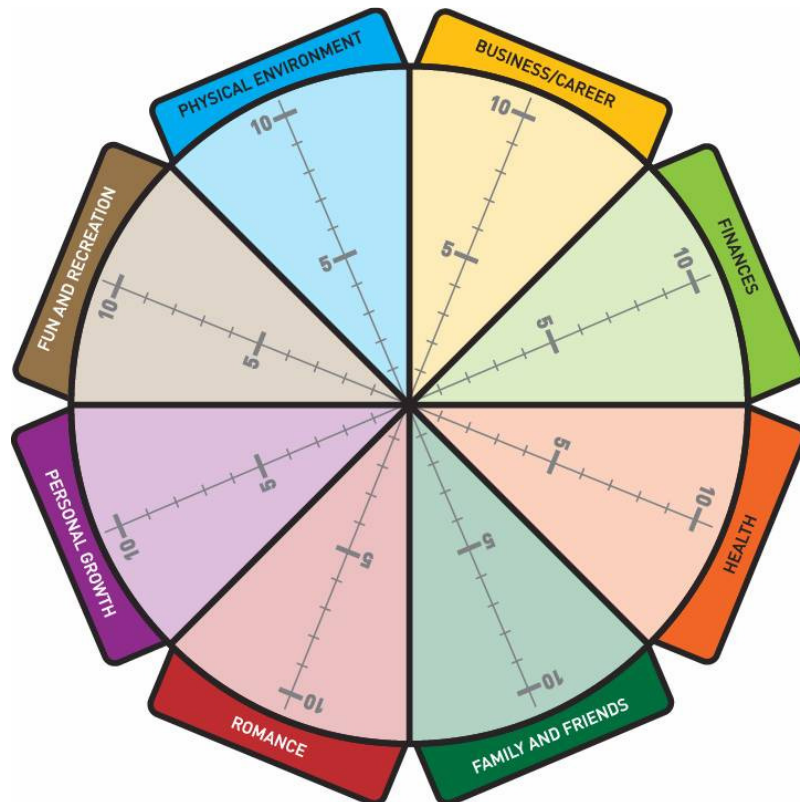




## Wheel of Life

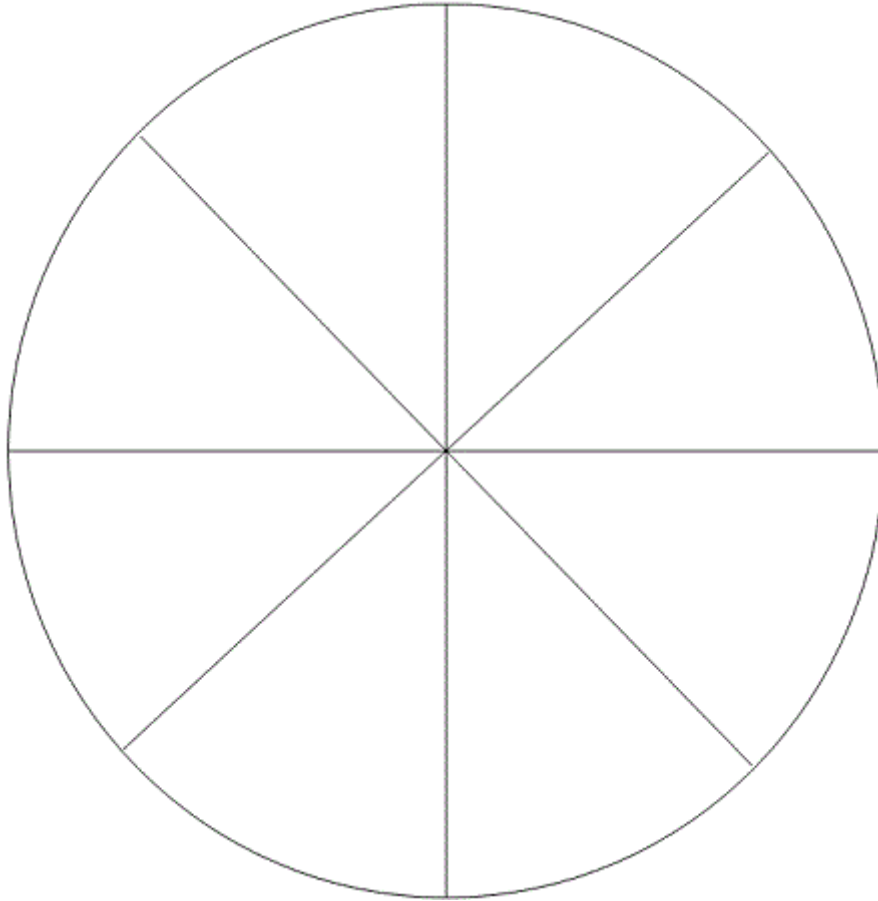
## Step 1 - Setup

Use one of the below Wheels as a template, or simply draw your own on a piece of paper.



Date: \_\_\_\_\_

# My Wheel of Life



Date: \_\_\_\_\_

## Step 2 – Complete the Wheel

Against each category, ask yourself the question “how satisfied am I in this particular area?” Use the scale of 1 to 10, where 1 is completely unsatisfied and 10 is completely satisfied and draw a line or place a dot where you feel you are on this scale.

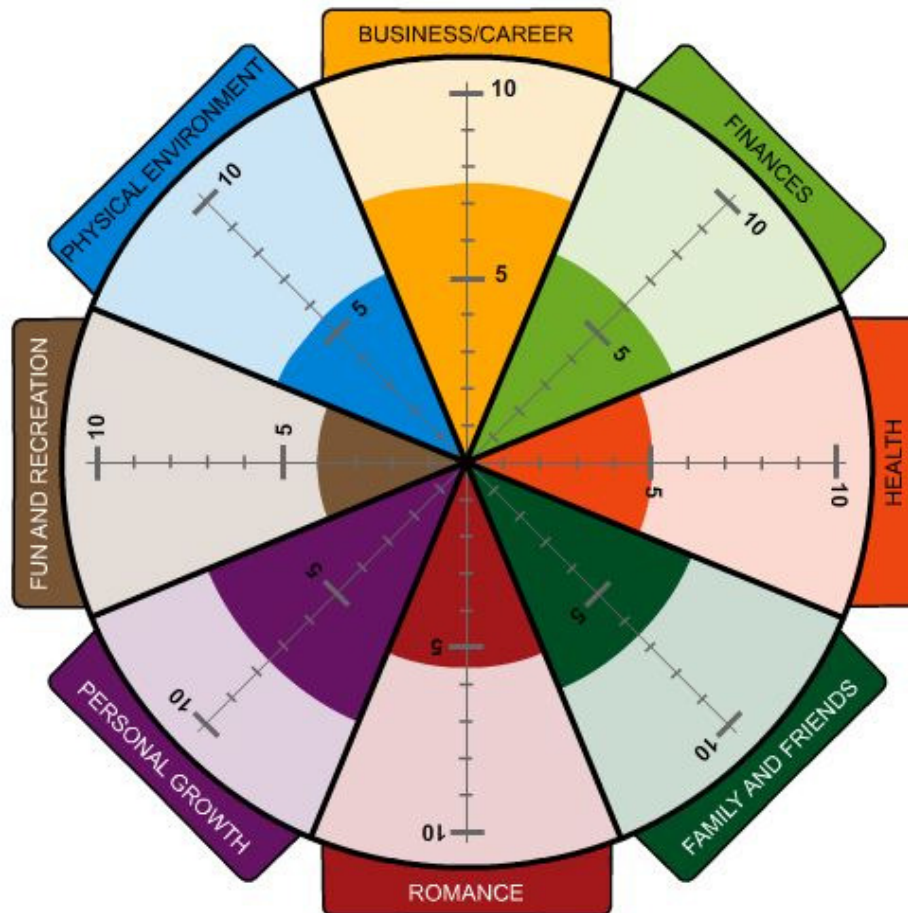
Take your time doing this, I would recommend 15 minutes or so. Put yourself in a place with no distractions and reflect on your life as a whole. To help you with this exercise I have provided some thought prompter’s.

- **Business, Career & Studies:** Is your career where you want it to be by now? Are you heading in the right direction?
- **Finance & Wealth:** Are you earning enough income to satisfy your current needs? Are you financial setup for future growth in wealth?
- **Health & Fitness:** How physically healthy are you? Are you satisfied with your level of fitness? Are you satisfied with your diet?
- **Social & Friends:** Are your friends supportive of you? Are you engaging friends and socializing to your satisfaction levels?
- **Family:** Is your family supportive of you? Are you supportive of your family?
- **Love:** Do you feel loved? How often are you expressing love to others?
- **Recreation & Fun:** Are you enjoying your life and making it fun? Are you satisfied with the level of activity that you do?
- **Contribution:** How would others rate your contribution to society or them as individuals?
- **Personal Growth:** How focused are you on personal growth? Are you satisfied with your direction? Are you trying new experiences and seeking to learn?

- **Spiritual:** How connected are you to the inner and outer world? Are you satisfied with your relationship with your spiritual being?
- **Self-Image:** Do you think of your abilities highly? Do you respect and love yourself? Do you appreciate yourself?

### Step 3 - Reflect

You should now have a completed Wheel of Life. It may look something like the below.



Take a moment to appreciate your Wheel of Life.

What does it look like?

Are there any surprises to you?

## Understanding Your Scores

If you have scores of **8 to 10** for any of the categories, congratulations! You are very satisfied in this particular area. It's important you maintain what you are doing to ensure you remain satisfied in this area, however don't overlook that there may be areas for improvement. This is important to ensure you are not limiting your potential for even further growth and satisfaction in this area.

If you have scores of **5 to 7** for any of the categories, you are reasonably satisfied in this particular area but there is definitely opportunity to explore ideas to move this up the scale.

If you have scores of **0 to 4** for any of the categories, you are not very satisfied in this particular area and you will need to explore ways of enhancing your satisfaction here. No need to get down about these scores though, as scores of 0 to 4 are full of opportunity! I find this as quite exciting when someone has a lower score as often is the case the individual has not fully explored opportunities that are available to them. It's also the area where the individual can grow the most and get the most value!

## Action

Looking at what your Wheel of Life looks like is not enough. You need to gain an understanding as to the '*why*' in order to help you determine where you need to be spending your time and energy moving forward. Take 10 minutes to answer the below questions:



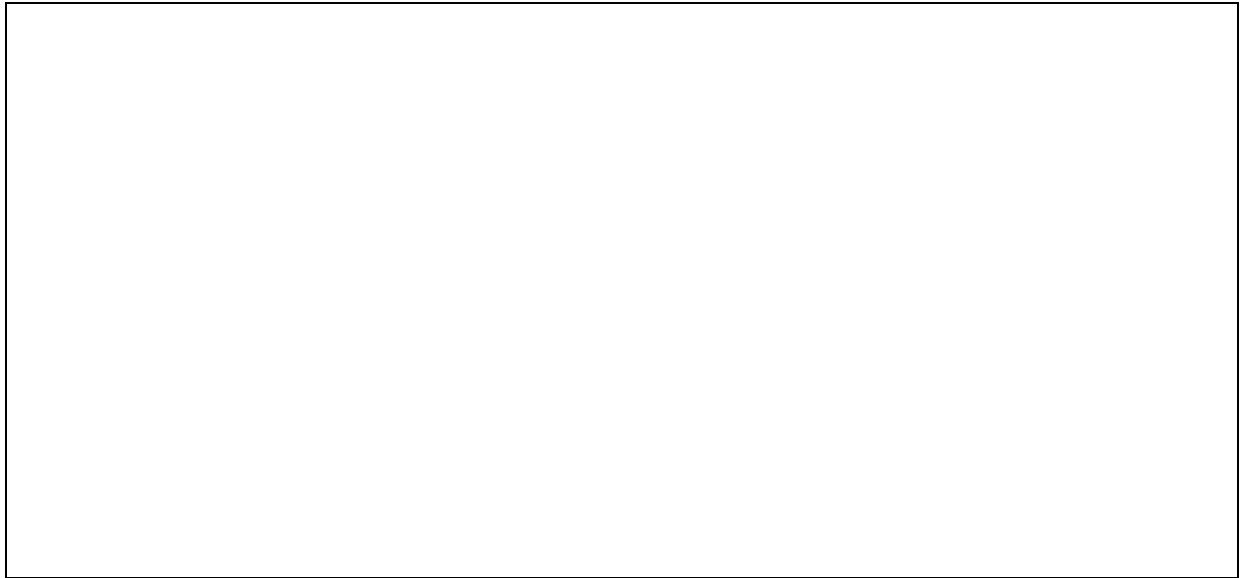
*Why did you score yourself in each category the way you did?*

<i>Category</i>	<i>Score (0-10)</i>	<i>Why did I score it this way?</i>
<i>Business/Career/Studies</i>		
<i>Finance &amp; Wealth</i>		
<i>Health &amp; Fitness</i>		
<i>Social &amp; Friends</i>		
<i>Family</i>		
<i>Romance &amp; Love</i>		
<i>Personal Growth</i>		
<i>Fun &amp; Recreation</i>		
<i>Physical Environment</i>		
<i>Contribution</i>		
<i>Spiritual</i>		
<i>Self-Image</i>		

***What is my ideal score for each category to achieve in the next month, 3 months, 6 months, one year?***

<b><i>Category</i></b>	<b><i>1 Month</i></b>	<b><i>3 Months</i></b>	<b><i>6 Months</i></b>	<b><i>1 Year</i></b>
<i>Business/Career/Studies</i>				
<i>Finance &amp; Wealth</i>				
<i>Health &amp; Fitness</i>				
<i>Social &amp; Friends</i>				
<i>Family</i>				
<i>Romance &amp; Love</i>				
<i>Personal Growth</i>				
<i>Fun &amp; Recreation</i>				
<i>Physical Environment</i>				
<i>Contribution</i>				
<i>Spiritual</i>				
<i>Self-Image</i>				

*Where are my biggest gaps in satisfaction levels?*

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

*Which area of my life do I primarily want to focus on to enhance my satisfaction levels?*

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

An important thing to remember is that this is **your** Wheel of life. Is your current wheel crooked or is it balanced? What happens when you try to move forward and you have a crooked wheel? How efficient and effective are you going to be in life if you cannot move forward in a balanced way? It is very easy to become extremely satisfied in one area, but at what cost? For example, you can spend all your time and energy working on your career and make some fantastic progress. Perhaps you will even become extremely satisfied with your finances and wealth. However, what may happen to your relationships? Your health and wellbeing? Are you having fun along the way?

The key is to find the balance and that is the beauty of the Wheel. To do this, you want to **grow** your Wheel, not balance your Wheel by trading off in some areas of your life. It's about moving forward, challenging yourself and pushing your boundaries to **expand** your Wheel and make it **bigger** while maintaining a **balance**.

## **Put the Wheel in Motion!**

Based on the above, it's time to put the wheel in motion! (How's that for a pun??)

You now have a visual snapshot of how satisfied you are in different areas of your life. Through reflection, you have now identified your biggest gaps between where you are now and where you would like to be.

Commit yourself to taking action **NOW**.

Now that it is fresh in your mind, write 3 quick goals or actions you will take to help you restore balance to your life or enhance your life in the area(s) you feel most strongly about.

These could be as big as starting a new venture to help with your finances, or as small as calling a friend more regularly. Whatever you are most passionate about after looking at your Wheel of Life and while it's fresh in your mind, write your 3 points of action down now!

Use the template on the next page to guide you.

# My Immediate Action Plan

## *Action #1*

*I will complete Action #1 by (date):* \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## *Action #2*

*I will complete Action #2 by (date):* \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## *Action #3*

*I will complete Action #3 by (date):* \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# The Launch Your Life Academy

This document is part of the Launch Your Life Academy.

Please feel free to share with others and use within your own coaching programs or provide to friends or relatives, but please give credit where credit is due.

For more information, please visit [www.launchyourlifeacademy.com](http://www.launchyourlifeacademy.com)