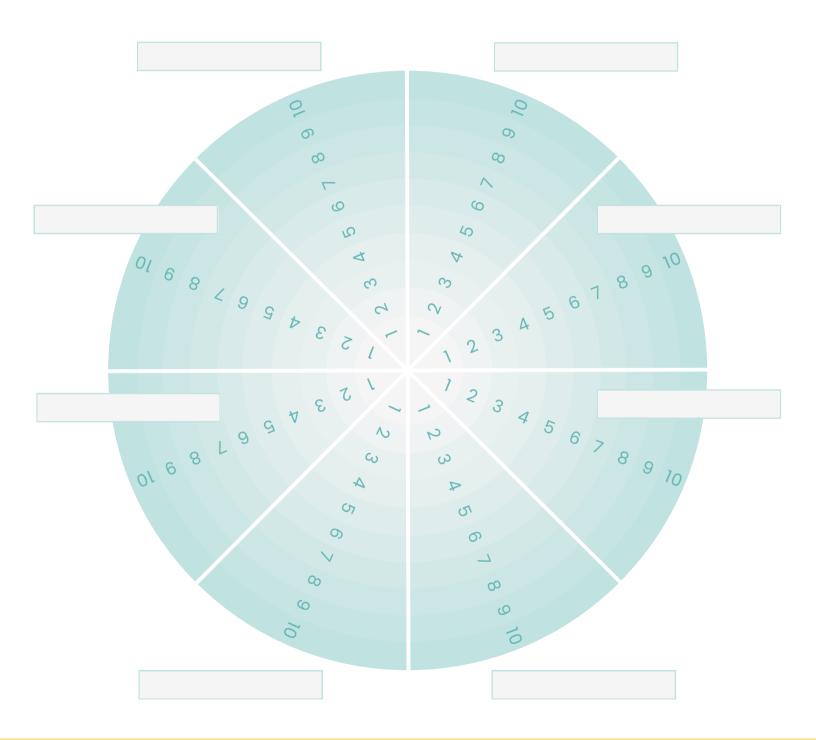
Create Your Own Wheel of Life

Create your own Wheel of Life to get a quick snapshot of the facets of life that matter most to you, and where your biggest opportunities are for achieving greater fulfillment.

Start by identifying 8 meaningful facets of your life, and write each one on a wedge of the wheel below. Then, for each category, circle the number that reflects how satisfied you feel with that aspect of your life. (1 = completely unsatisfied, 10 = completely satisfied)



Next, rank each area in orde (1 = most important, 8 = least		o you.	
1.		5.	
2.		6.	
3.		7.	
4.		8.	
What stands out to you as yo	ou observe how you r	ated your satisfact	ion in each area?
What are the top 1-2 areas y Tip: Try looking for areas tha			
1.		2.	
What would be possible for the How would your life be diffe		your level of satisfo	ction with those areas?

Now, let's put it all together! Fill in the following statement:

l want to focus on improving my
because that will enable me to



YOU'VE FINISHED THE WHEEL OF LIFE! GREAT JOB!

Now, you're equipped with a **focus area** and a **vision** for the next stage of your personal development.

You've created an awesome starting point for your next chapter - keep up the momentum and choose your own adventure from here!





Ready to partner with a trusted coach to support you in achieving your vision?

<u>Get in touch with Angela & David</u> to explore how we can help you bring it to life!



Want to continue self-guiding your own personal development journey? Check out our <u>blog</u> on the Become Your Best website for more resources!