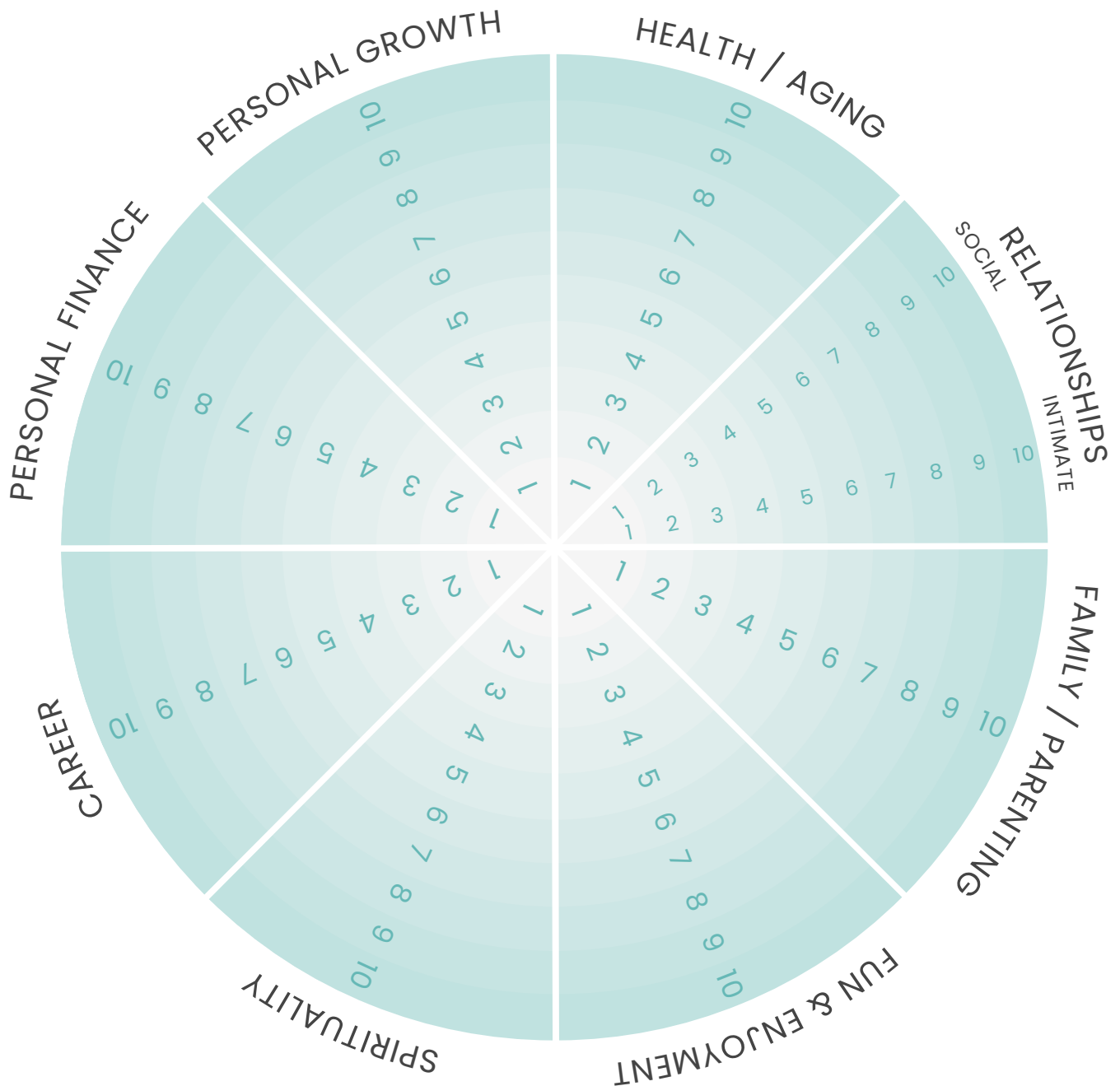


Wheel of Life

Use the Wheel of Life to get a quick bird's-eye view of how life is going for you right now, and where your biggest opportunities are for achieving greater fulfillment.

For each of the categories below, circle the number that reflects how satisfied you feel with that aspect of your life. (1 = completely unsatisfied, 10 = completely satisfied)



Next, rate each area of your life in order of its importance to you.

(1 = most important, 9 = least important)

- | | | |
|---|---|---|
| <input type="checkbox"/> Health / Aging | <input type="checkbox"/> Family / Parenting | <input type="checkbox"/> Career |
| <input type="checkbox"/> Relationships - Social | <input type="checkbox"/> Fun & Enjoyment | <input type="checkbox"/> Personal Finance |
| <input type="checkbox"/> Relationships - Intimate | <input type="checkbox"/> Spirituality | <input type="checkbox"/> Personal Growth |

What stands out to you as you observe how you rated your satisfaction in each area?

What are the top 1-2 areas you would benefit most from developing?

Tip: Try looking for areas that are both important to you and you're less satisfied with!

1.

2.

**What would be possible for you if you increased your level of satisfaction with those areas?
How would your life be different?**

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

I want to focus on improving my

because that will enable me to

CONGRATULATIONS

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?
[Get in touch with Angela & David](#) to explore how we can help you bring it to life!



Want to continue self-guiding your own personal development journey?
Check out our [blog](#) on the Become Your Best website for more resources!