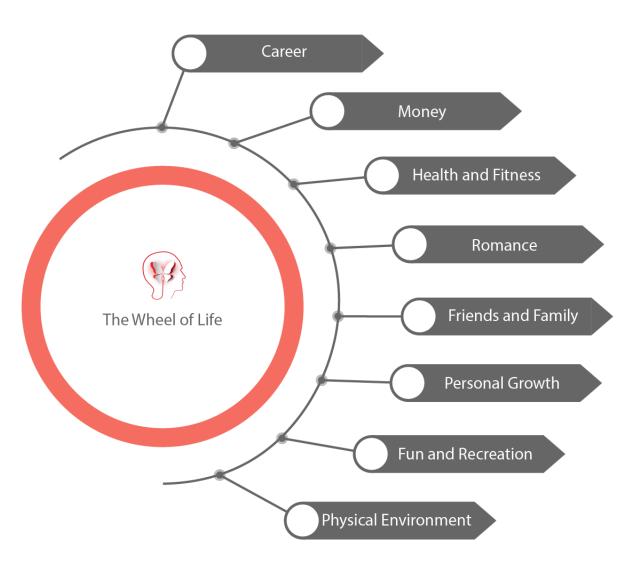


The Wheel of Life



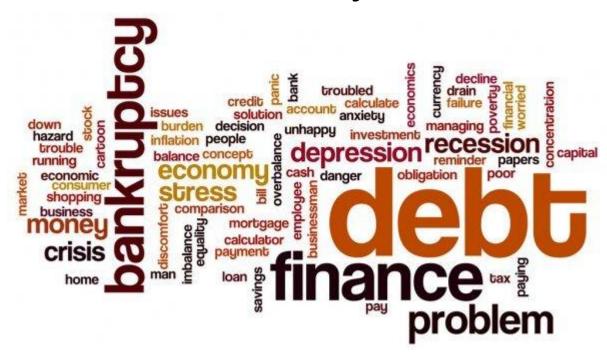
- 1. Answer the following questions for each category
- 2. Rate each category of your life based on your answers
- 3. Identify steps to uplevel each category
- 4. Create sub-tasks for each step.
- 5. Prioritize your lists
- 6. Start completing your list of sub-tasks and ultimately each step
- 7. Congratulations, you have now upleveled your life!

Career



- Do you find it rewarding on any level?
- Is there value in what you are doing beyond just the pay cheque?
- Is there a future at this company for you?
- What is the working environment like?
- Do you get along with your co-workers?What types of benefits do you recieve?

Money



- Do you make enough money to comfortably get by?
- Do you have money left over every month for savings?
- Do you have a plan for retirement? How much do you need?
- Do you have kids that will need an educational fund?
- Do you have a safety buffer of at least three months living expenses in case of an emergency?

Health and Fitness



- Are you active or exercise regularly? Is it enough?
- Could there be any improvements to your diet?
- Do you sleep well?
- Would you consider yourself healthy overall?
- Do you have any hereditary health concerns?

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Romance



- Do you currently have a significant other?
- Do you have things in common with one another?
- How much time do you spend together and is it quality time spent?
- Do you disagree a lot? Do you feel you have mutual understanding?
- Is finding a soul mate or partner important to you?
- Are you nurturing the relationship?

Friends and Family

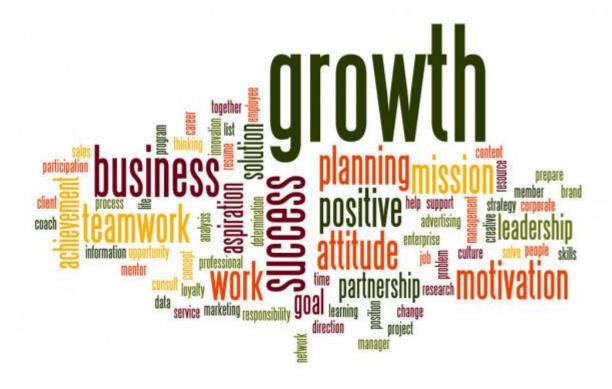


- Do you currently feel you have enough friends?
- Do you wish to be closer with the people you do have?
- Do you regularly spend time with your family?

Are you nurturing relationships?

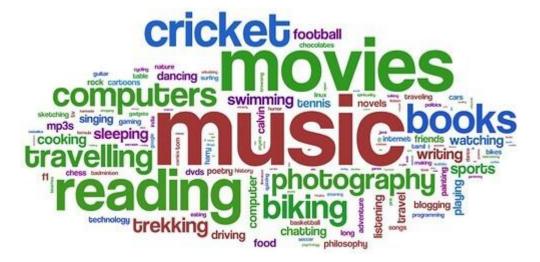
- Do you feel that the relationships you do have are evenly balanced?
- Would having more work-life balance give you more time with them?

Personal Growth



- When was the last time you learned something new?
- Do you know what it feels like to step outside your comfort zone?
- Are you open to new opportunities to grow?
- Will you grow as a person with your current routines?
- Is there anything you could get rid of that would result in an addition to your life?

Fun and Recreation



- How often do you experience the feeling of fun?
- What do you do for relaxation?
- Are there things you do that you are passionate about?
- Do you have hobbies you are actively engaged in?
- Are you able to distance yourself from work and responsibilities?
- Do you seek out new activities with friends and family?

Physical Environment



- Do you feel safe, warm and comfortable when home?
- Is there a sense of "me" where you are?
- Are things tidy and clean?
- Do you feel things are organized well?
- Do you have a stress free space to decompress in?
 Do you like the way things are or would you change anything?

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Wheel of Life Worksheet (part a)

Date			

Rating your Categories

Rate each category from 0 - 10 where 0 needs a lot of improvement and 10 you feel totally complete and satisfied with.

Score	Category
	Career
	Money
	Health and Fitness
	Romance
	Friends and family
	Personal Growth
	Fun and Recreation
	Physical Environment

For your top two categories pat yourself on the back for getting them this far

For your bottom two categories congrats on identifying areas to work on to live a happier and more fulfilled life.

NEXT - you can use the following worksheet for each of the categories in your wheel

- Write down at least 3 steps you would have to do to uplevel each category.
- For each of those steps, write down as many sub-tasks as you can think of that are involved in completing those steps.
- Prioritize your lists of Steps and sub-tasks
- Write down a plan to identify deadlines for your goals focusing on just 1 or 2 subtasks at a time.

Wheel of Life Worksheet (part b)

Date _____

Category	Rating	
Step 1		
Step 2.		
a)		
- /		
Step 3		
a)		
b)		
c)		
d)		