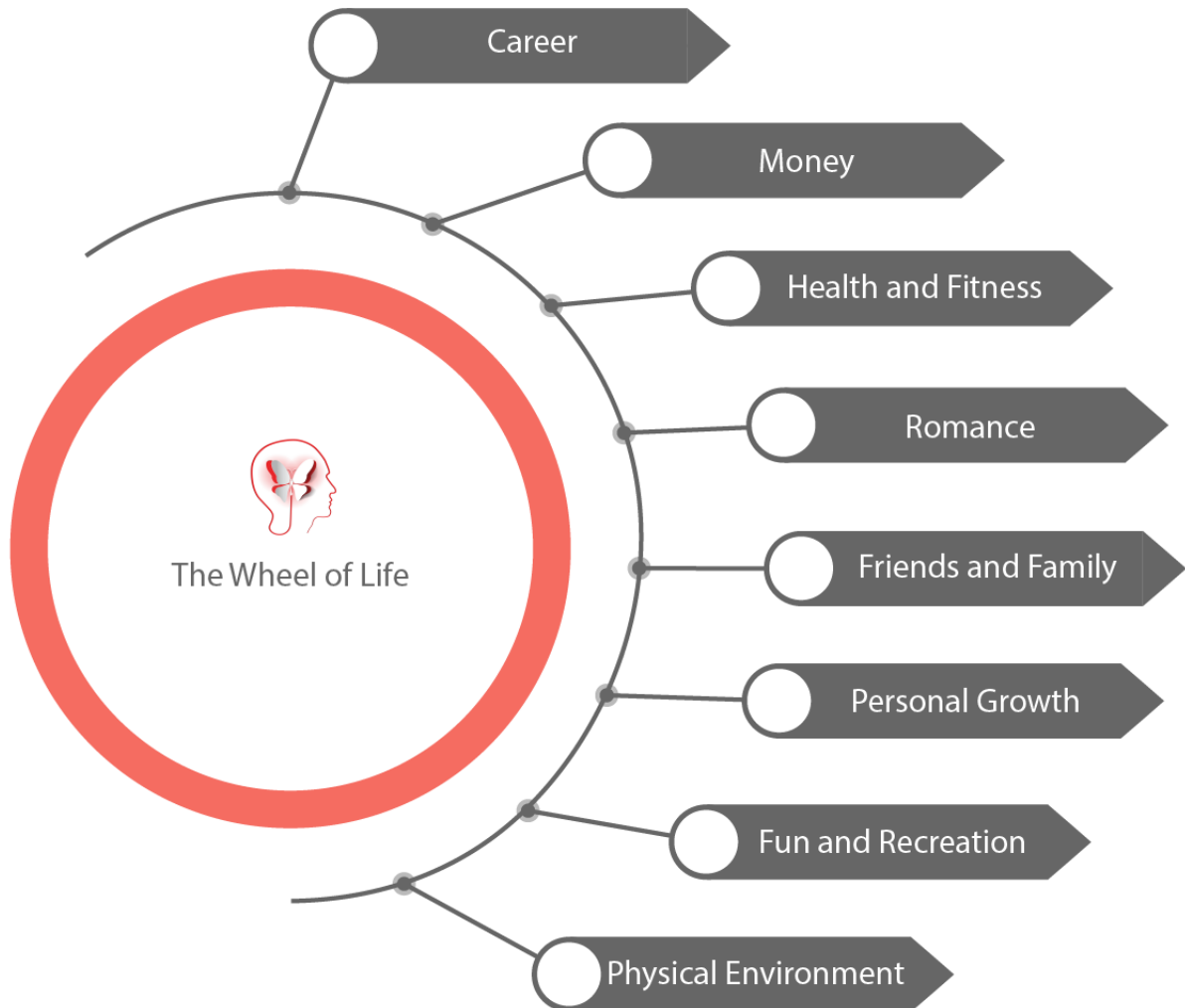




StrongSuit

Create the best version of yourself

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!

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. _____

a) _____

b) _____

c) _____

d) _____

e) _____

Step 2. _____

a) _____

b) _____

c) _____

d) _____

e) _____

Step 3. _____

a) _____

b) _____

c) _____

d) _____

e) _____