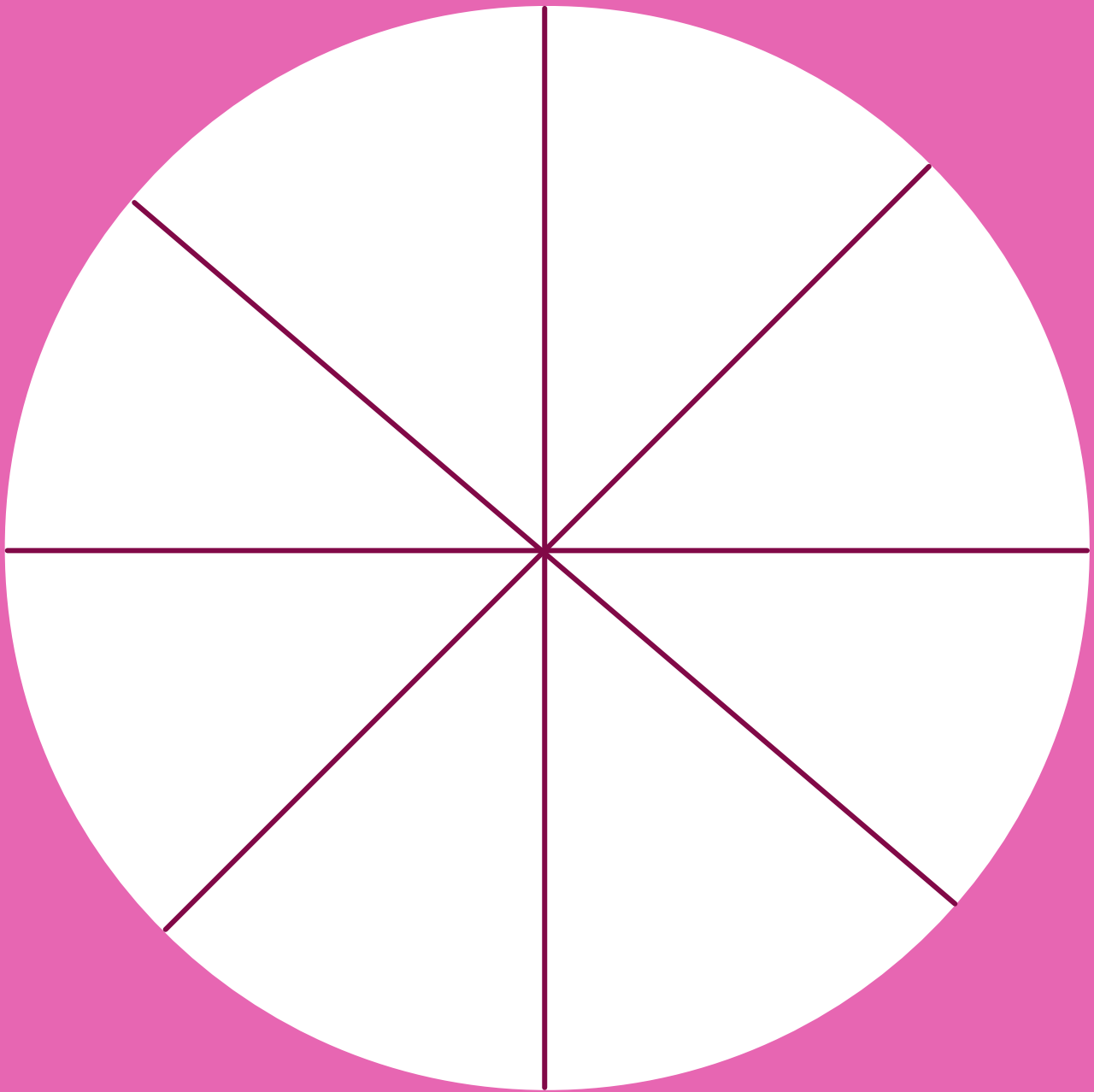


WHEEL OF LIFE

Start your life review

Rate how satisfied you feel about each area of your life on a scale 1-10
Use the text boxes to input your categories and scores



WHEEL OF LIFE

INSTRUCTIONS P1

This exercise will help clarify priorities for goal setting later.

Remember it's about **YOU** and **YOUR LIFE!**

You might want to ask yourself a few questions if you feel stuck with where to start:

- What makes me happy, fulfilled and brings meaning to my life?
- What type of life do I want to create and am I willing to make the changes I need?
- What would I like my life to look like in 1 year, 3 years or more?

See next page for a detailed guide.

Good luck and be kind to yourself!

WHEEL OF LIFE

INSTRUCTIONS P2

Step 1: Use the template or draw your own wheel.

Decide on the 8 or less areas that you want to concentrate on for this exercise. You can always add, remove, or change sections later.

Label each slice with a specific area of your life, such as career/business, finances, health, personal growth, relationships, spirituality, Fun, and physical environment.

You will find a section below for any notes, or you can use a journal or a plain sheet of paper if they work better for you too.

Step 2: Rate Your Satisfaction Level

For each section, rate your current level of satisfaction on a scale of 1-10, with 1 being the lowest and 10 being the highest. Be honest with yourself and try not to compare yourself to others.

Step 3: Plot Your Scores on the Wheel

Starting with the first section, plot your score on the corresponding slice of the wheel, (see example if unsure).

If you rated your career satisfaction level as a 6, you can either write the number 6 or place a point a line six points away from the centre of the wheel. Repeat this section step for each section until you have plotted your scores on the wheel.

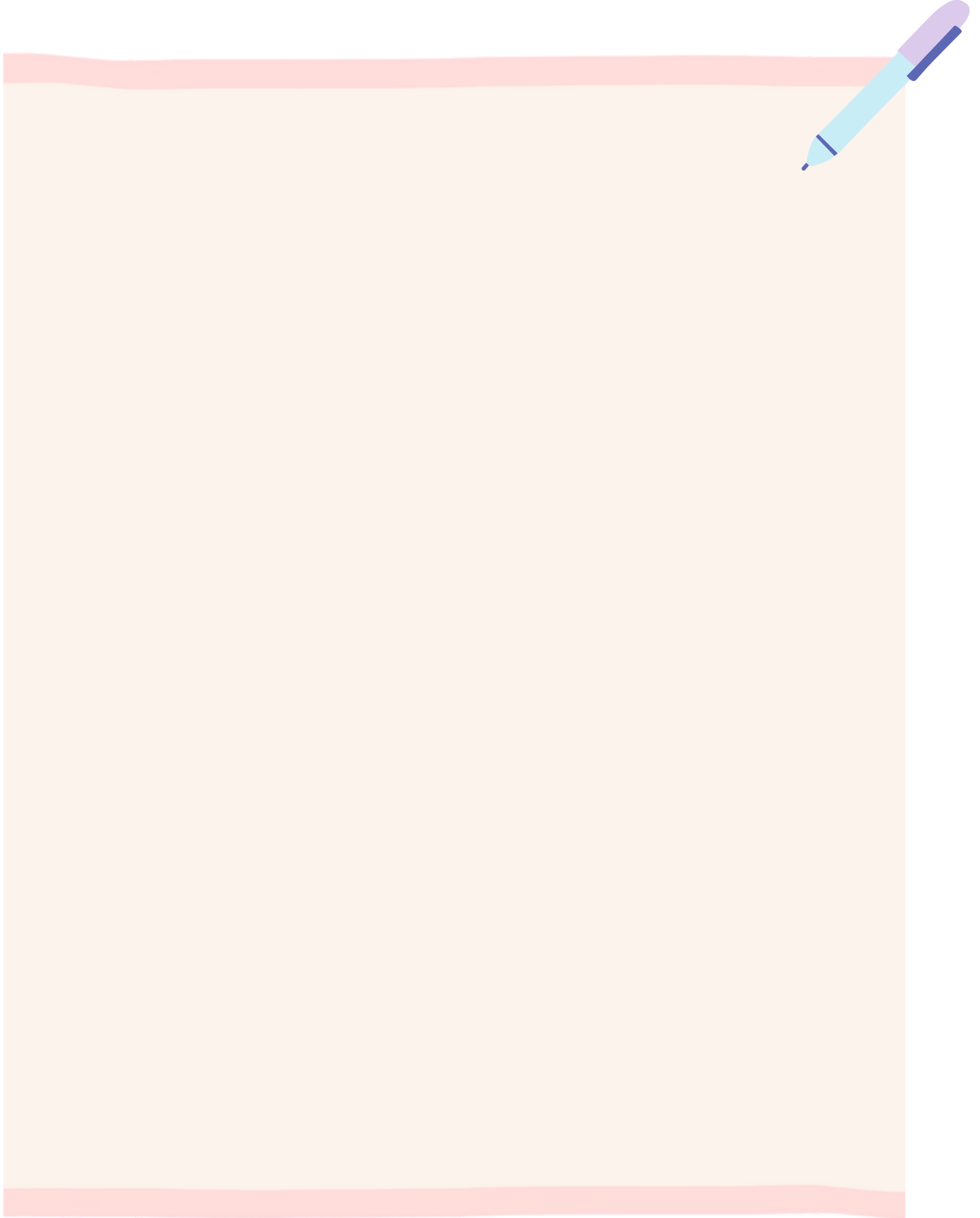
Step 4: Review Your Scores

Once you have input all your scores. You will now have a visual representation of how you feel about these different areas of your life.

Step 5: Identify Areas for Improvement

Once you have completed your scoring, you will have that panoramic view of the areas of your life that most demand attention and which actually feels most important to you to start working on.

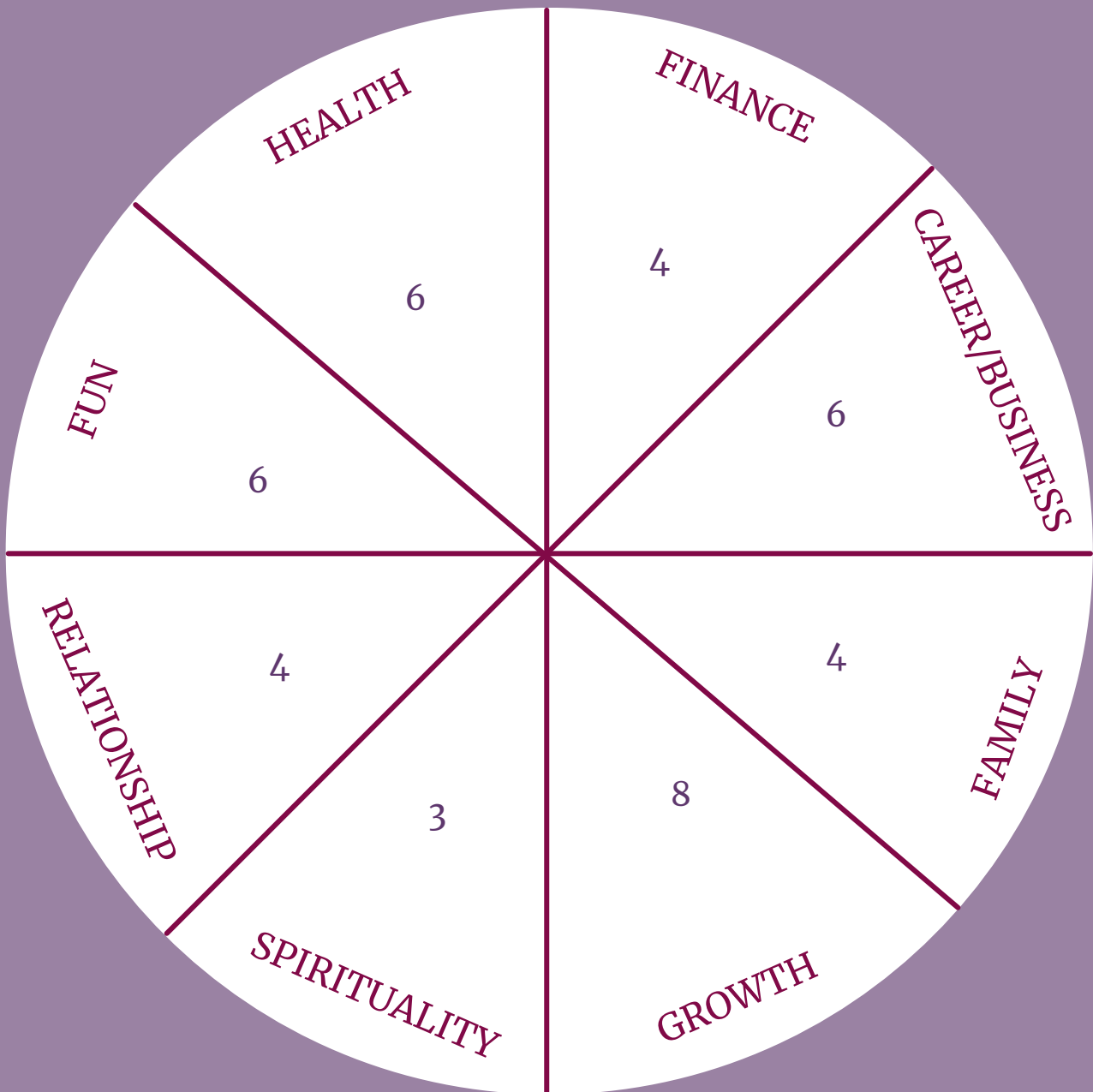
YOUR WHEEL OF LIFE NOTES PAGE



WHEEL OF LIFE

Heres an example

Rate how satisfied you feel about each area of your life on a scale 1-10



YOUR REVIEW & THOUGHTS

Now that you have undertaken the exercise, I hope you found it helpful and useful and got something meaningful from it.

I do understand that being honest with how you feel and thinking about setting future goals can feel overwhelming.

- Did you feel that you were surprised with how you scored certain areas of your life?
- Did you identify areas that you now feel are more important than before?
- Did you identify any actions that you can take now and what are they?
- Do you think that you are ready to make changes?

If **YES** then we have lots of resources to help!

WOOP goal setting document

90 day goal planner

Our Freebies

BLOG section of the website