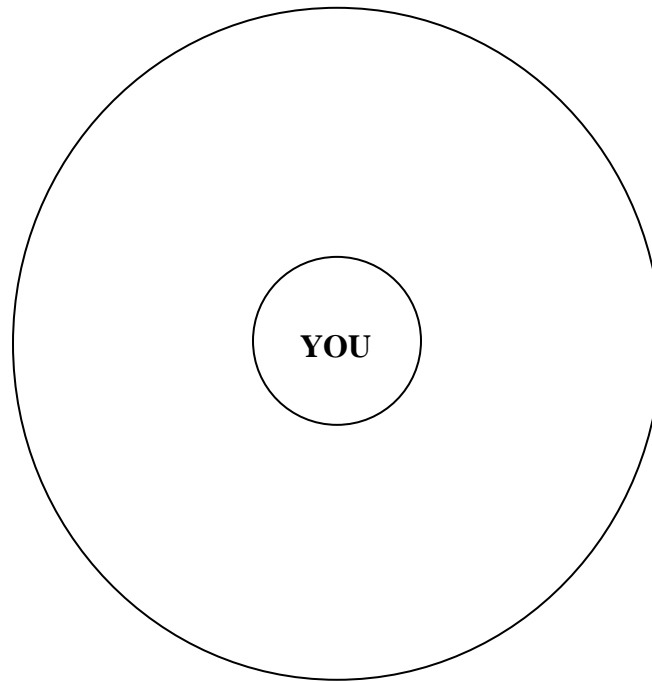


Your Life Wheel



Step 1: List 4-8 major priorities in your life, such as roles or areas where you spend your time and energy (for example: family, friends, work, school, church, exercise, hobbies, sports, my own business, community, volunteering, finances, mother, manager, physical health (be as specific as you like, you might say golfing instead of sports)).

Step 2: Divide your circle into sections, like a pie chart, with the specific number of priorities you selected in Step 1. Size of the sections does NOT matter.

Step 3: Label each section with one of your priorities.

Step 4: On a scale of 1-5, rate each priority according to how satisfied you are with your attention to it and write this number in each section.

- 1. completely unsatisfied = 20%
- 2. somewhat unsatisfied = 40%
- 3. moderately satisfied = 60%
- 4. very satisfied = 80%
- 5. completely satisfied = 100%

Step 5: Shade in each section according to your rating.

Step 6: Look at the hub of your wheel – YOU – and lastly rate your level of satisfaction with the attention you give to yourself, and shade the hub accordingly.

The Results

Your wheel shows you the level of satisfaction with where you spend your time and energy. Ultimately your goal is to be 100% satisfied with each category and your hub, YOU.

Final Step: Make a list of simple ways you can improve each of the priority sections of your life wheel. Make conscious choices. Simply notice where your energy is going and what you would like to change or improve.

Priority Name →								YOU
List Improvements ↓								

Each day, choose one thing you would like to accomplish.

Enjoy your progress.

If you like, complete this exercise again in a month, and then again in 6 months or anytime you feel that your life is out of balance.
