

Life Wheel

Balancing Your Life

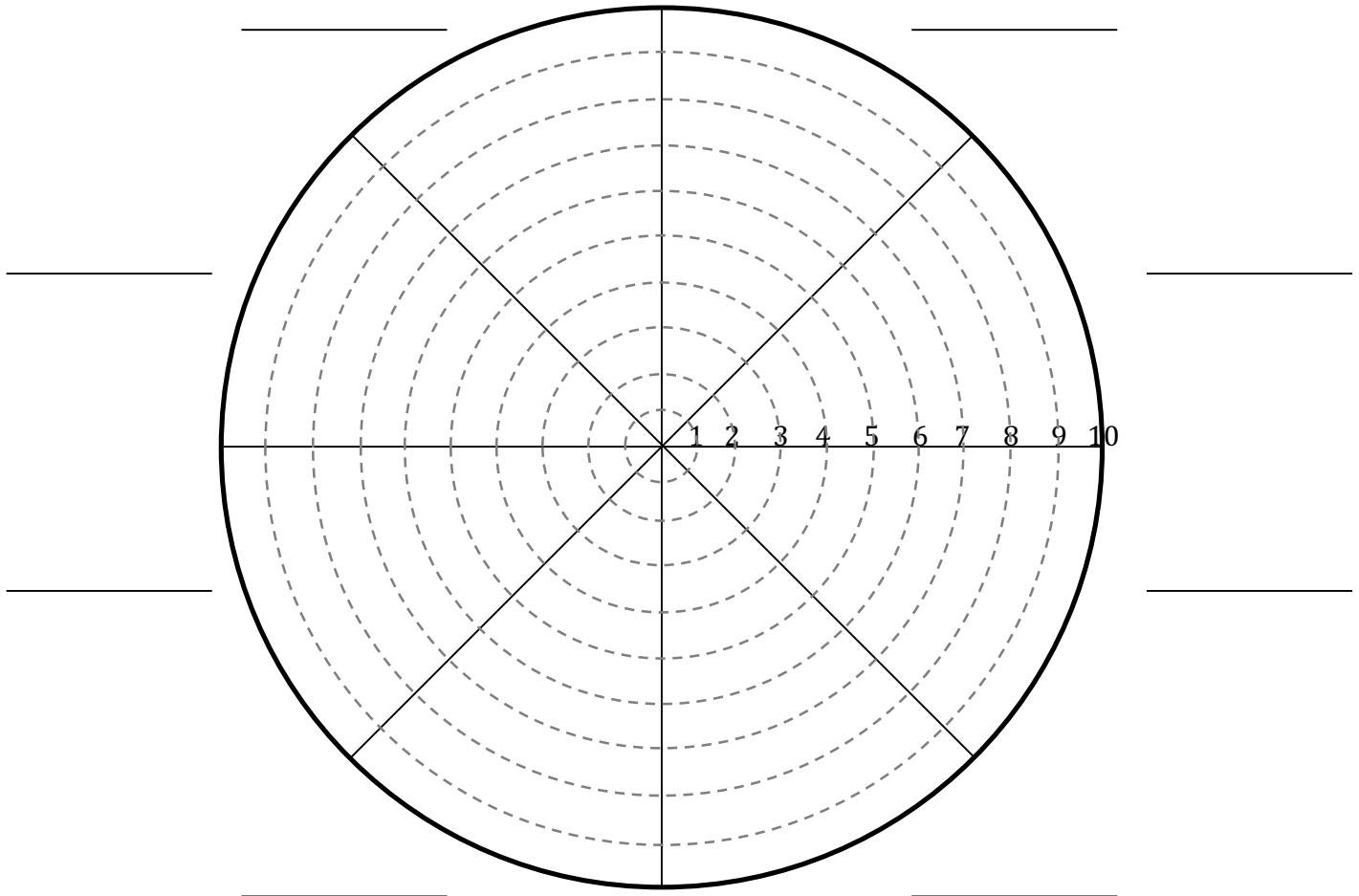
Identify the major areas or aspects of your life that are meaningful to you. Include major areas that make up your daily living as well as your values. Include areas or values that may not be receiving your desired level of attention. Areas to consider include, but are not limited to:

Work/Career/Job	Family	Friends	Significant Other	Romance
Health/Fitness/Nutrition	Money	Travel	Rest/Relaxation	Music
Fun/Recreation	Physical Environment	Spirituality	Religion	Hobbies
Personal Growth	Animals/Pets	Security	Charity	Volunteerism

Select 8 and write them on the lines around the Wheel of Life below. Then, determine your current satisfaction level with each aspect: 1 = low, 10 = high. Shade in the area up to your level of satisfaction level. Once all aspects are shaded, look at your wheel. If this wheel were to turn, how bumpy would your ride be?



Sample Shading for satisfaction level 5



Rounding Out Your Life Wheel

In an effort to balance your life wheel, look at the area(s) that you want to increase your level of satisfaction so your wheel can turn more smoothly. Identify the one area that will make the biggest difference.

#1 area of focus: _____

1. In a sentence or two, describe the current state regarding this area of focus.
2. In a sentence or two, describe the ideal state regarding this area of focus.
3. Think about your personal values. Which personal value is this area of focus aligned with?
4. Next, think about your strengths and talents, things that you are good at. How can you use these strengths to achieve your ideal state?
5. What benefit will you get from increasing your level of satisfaction in this area?
6. What's holding you back or preventing you from making progress in this area?
7. What self-limiting belief are you willing to challenge to achieve your ideal?
8. Is there a second self-limiting belief that needs to be explored?
9. What will give you pride if you make happen?
10. What are you getting out of keeping things the same as they are today?
11. What are you tolerating?
12. What are you sacrificing?
13. How does money factor into the situation?
14. What other resources might help you move into action?
15. What will move you to action?
16. What are you willing to commit to?
17. Even if you don't WANT to, what are you WILLING to do?
18. What is the emotional hold that's been keeping you from reaching your ideal?
19. What's the new habit you want to create?
20. What is going to get you off track?
21. How will you push past these obstacles?
22. What would you like your wheel look like a year from now?
23. One year from now, what will you regret if you don't get something started?
24. What is the first step you will take to move toward your ideal?

SAMPLE

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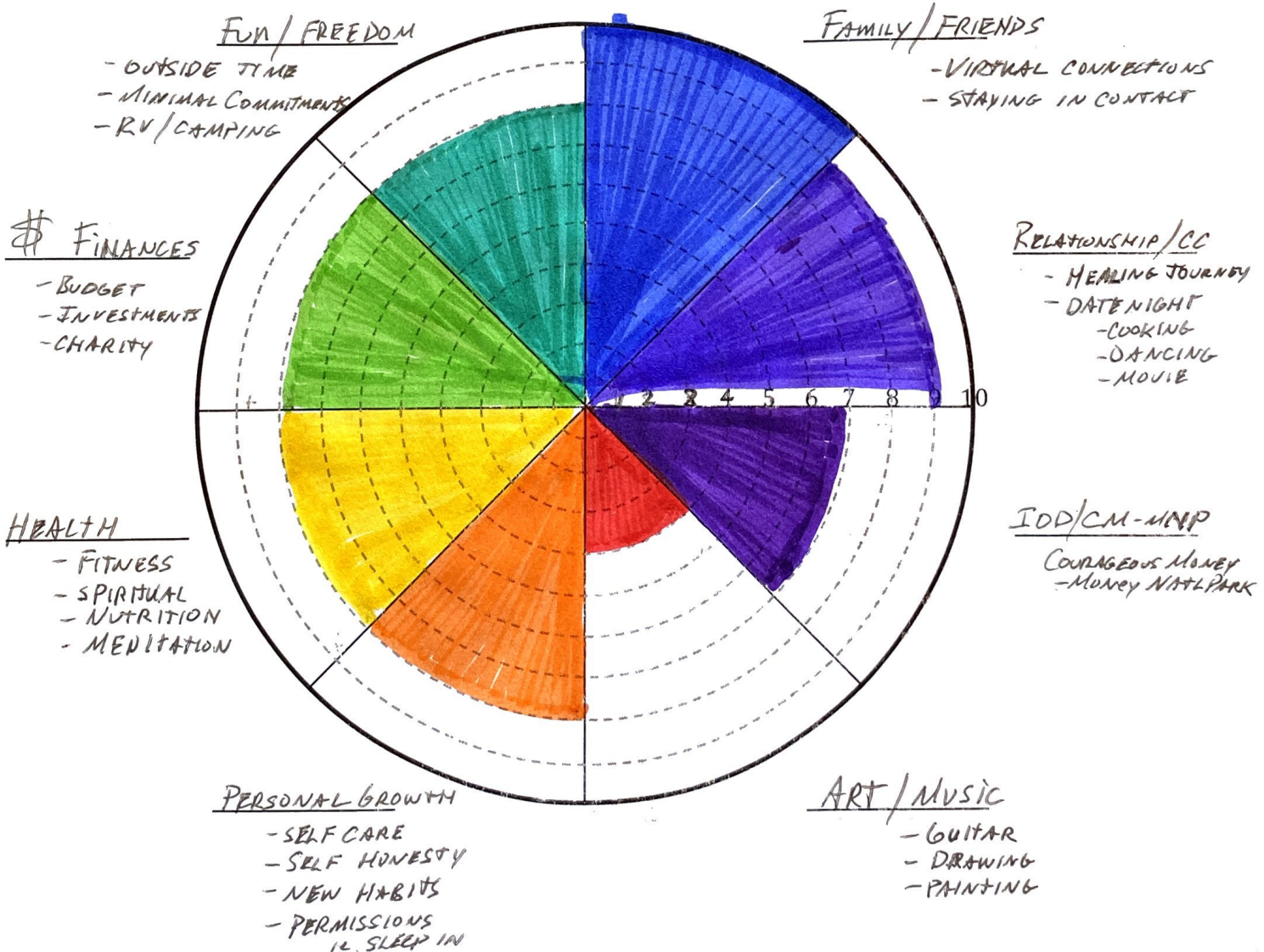
Work/Career/Job	Family	Friends	Significant Other	Romance
Health/Fitness/Nutrition	Money	Travel	Rest/Relaxation	Music
Fun/Recreation	Physical Environment	Spirituality	Religion	Hobbies
Personal Growth	Animals/Pets	Security	Charity	Volunteerism

Select 8 and write them on the lines around the Wheel of Life below. Then, determine your current satisfaction level with each aspect: 1 = low, 10 = high. Shade in the area up to your level of satisfaction level. Once all aspects are shaded, look at your wheel. If this wheel were to turn, how bumpy would your ride be?

IDEAL = LEVEL 10



Sample Shading for satisfaction level 5



Rounding Out Your Life Wheel

In an effort to balance your life wheel, look at the area(s) that you want to increase your level of satisfaction so your wheel can turn more smoothly. Identify the one area that will make the biggest difference.

#1 area of focus: MUSIC / ART

1. In a sentence or two, describe the current state regarding this area of focus. *LABORED*
2. In a sentence or two, describe the ideal state regarding this area of focus. *FLUENT / EASY*
3. Think about your personal values. Which personal value is this area of focus aligned with? *FREEDOM*
4. Next, think about your strengths and talents, things that you are good at. How can you use these strengths to achieve your ideal state? *SELF-ASSURANCE, ACTUATOR, MAXIMIZER*
5. What benefit will you get from increasing your level of satisfaction in this area? *STRATEGIC*
6. What's holding you back or preventing you from making progress in this area? *PERSONAL FULFILLMENT*
7. What self-limiting belief are you willing to challenge to achieve your ideal? *OTHER PRIORITIES - ALWAYS -*
8. Is there a second self-limiting belief that needs to be explored? *THAT I DON'T HAVE TIME*
9. What will give you pride if you make happen? *WHO AM I DOING IT FOR?*
10. What are you getting out of keeping things the same as they are today? *PLAY SONGS FROM MEMORY + DRAWING ON IPAD*
TIME FOR OTHER THINGS
11. What are you tolerating?
12. What are you sacrificing? *LOTS OF OTHER LITTLE PROJECTS STILL UNFINISHED*
13. How does money factor into the situation? *MY LOVE FOR ART + MUSIC*
14. What other resources might help you move into action? *I'M MORE FOCUSED ON \$ (BUDGET, TAXES, INV.) AT THIS TIME*
15. What will move you to action?
16. What are you willing to commit to? *PERSONAL COMMITMENT → GOAL*
17. Even if you don't WANT to, what are you WILLING to do?
18. What is the emotional hold that's been keeping you from reaching your ideal? *BOTH TAKE A LOT OF TIME - TIME VACUUMS*
19. What's the new habit you want to create?
20. What is going to get you off track?
21. How will you push past these obstacles? *PLAYING OUTSIDE WHEN WEATHER GETS NICER*
22. What would you like your wheel look like a year from now? *"PLAY + DRAW" OUTSIDE*
23. One year from now, what will you regret if you don't get something started? *MORE BALANCED*
24. What is the first step you will take to move toward your ideal? *THAT I HAD MORE TIME + DIDN'T MAKE THIS A PRIORITY*
DRAW 'MY VISUAL' IN MY NEW SKETCH BOOK