

WHEEL OF LIFE

Designing a better future



For each question, consider on a scale from 1-10 how satisfied you are with each section:

Physical environment: are you happy in the space where you spend most of your time?

Friends and family: are you spending enough time with the people that matter the most?

Job & career: are you dedicating enough time to growing your career or business?

Finances: are you growing your wealth or living paycheck to paycheck? Are you happy with your budget?

Fun and recreation: are you making enough time to do the things you love?

Health: are you paying attention to the needs of your body?

Romance: are you nurturing your relationship?

Personal growth: are you constantly working on improving yourself either spiritually or mentally?