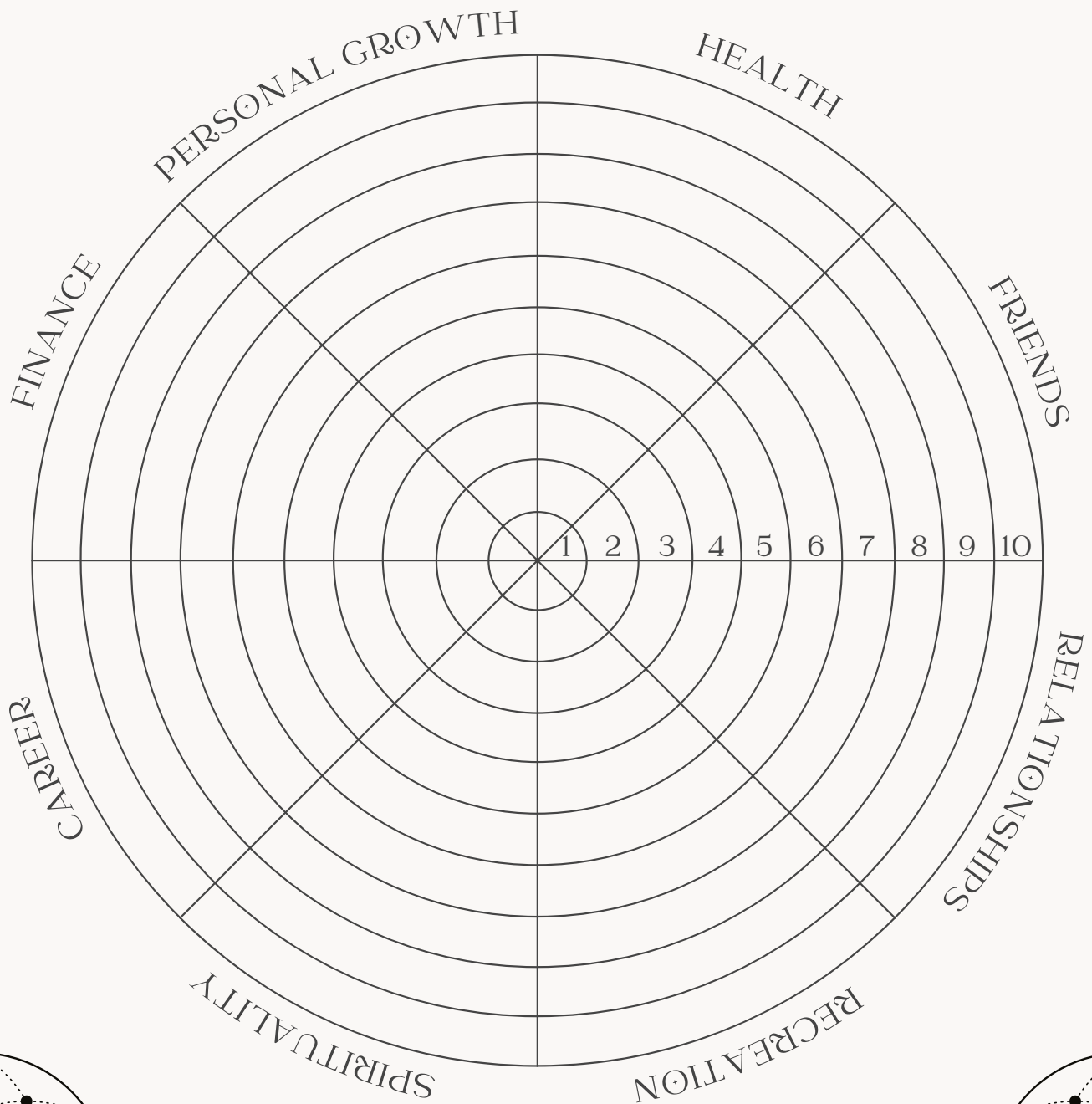
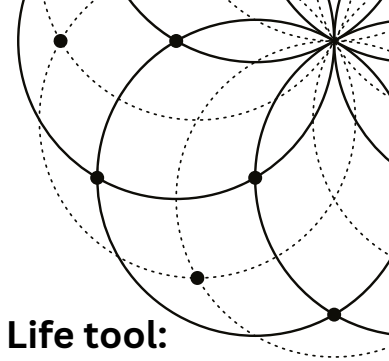
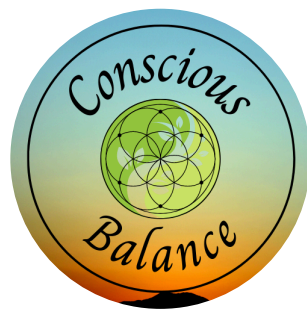
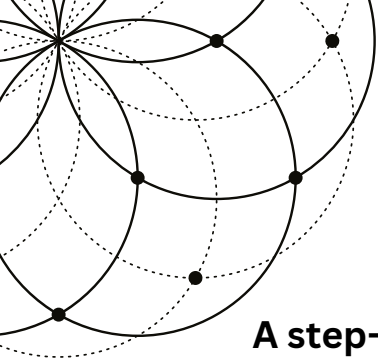




# WHEEL OF LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.





## **A step-by-step guide to effectively use the Wheel of Life tool:**

### **INTRODUCTION TO THE WHEEL OF LIFE:**

FAMILIARIZE YOURSELF WITH THE EIGHT SEGMENTS OF THE WHEEL, EACH REPRESENTING A CRUCIAL AREA OF YOUR LIFE, SUCH AS CAREER, RELATIONSHIPS, HEALTH, PERSONAL DEVELOPMENT, ETC.

### **ASSESSMENT:**

**RATING SCALE:** USE A SCALE OF 1 TO 10 FOR EACH SEGMENT, WHERE 1 REPRESENTS DISSATISFACTION AND 10 SIGNIFIES COMPLETE SATISFACTION.

**SELF-REFLECTION:** REFLECT ON YOUR CURRENT LEVEL OF SATISFACTION OR FULFILLMENT IN EACH AREA AND MARK THE CORRESPONDING POINT ON THE WHEEL.

**CONNECT THE DOTS:** AFTER RATING EACH SEGMENT, CONNECT THE DOTS TO SEE THE OVERALL SHAPE OF YOUR WHEEL. THIS VISUAL REPRESENTATION WILL SHOWCASE AREAS WHERE YOUR LIFE IS WELL-BALANCED AND AREAS THAT MIGHT REQUIRE MORE ATTENTION.

### **IDENTIFY PRIORITIES:**

**AREAS OF FOCUS:** IDENTIFY THE SEGMENTS WITH LOWER RATINGS. THESE INDICATE AREAS WHERE YOU MIGHT WANT TO FOCUS MORE ATTENTION AND EFFORT.

**PRIORITIZE:** DETERMINE WHICH AREAS ARE MOST CRITICAL FOR IMPROVEMENT OR WHERE YOU WANT TO SET SPECIFIC GOALS.

### **GOAL SETTING:**

**DEFINE GOALS:** SET SMART (SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, TIME-BOUND) GOALS FOR EACH SEGMENT BASED ON YOUR REFLECTIONS.

**ACTIONABLE STEPS:** BREAK DOWN EACH GOAL INTO ACTIONABLE STEPS OR MILESTONES.

### **TRACK PROGRESS:**

**REGULAR REVIEW:** REGULARLY REASSESS YOUR LIFE WHEEL (WEEKLY, MONTHLY, OR QUARTERLY) TO TRACK PROGRESS.

**ADJUST GOALS:** MODIFY GOALS OR ACTION PLANS AS NEEDED. CELEBRATE ACHIEVEMENTS AND ADAPT TO CHANGES IN PRIORITIES OR CIRCUMSTANCES.

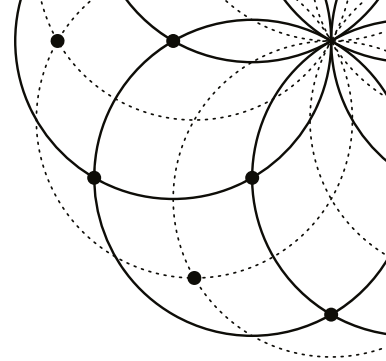
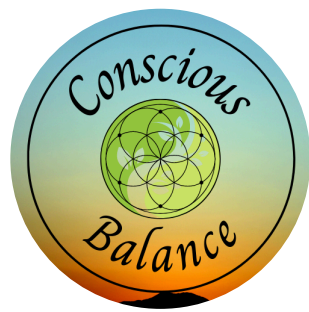
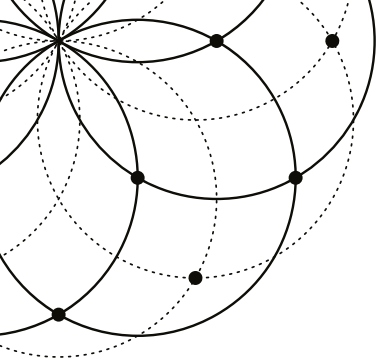
REMEMBER, THE WHEEL OF LIFE IS A VERSATILE TOOL FOR SELF-REFLECTION, GOAL SETTING, AND ONGOING PERSONAL DEVELOPMENT. TAILOR IT TO YOUR NEEDS AND USE IT CONSISTENTLY FOR A HOLISTIC APPROACH TOWARDS A BALANCED LIFE.

### **USE AS A COACHING TOOL:**

**CLIENT SESSIONS:** IF USING THIS AS A COACHING TOOL, GUIDE YOUR CLIENTS THROUGH EACH STEP TO HELP THEM GAIN CLARITY AND SET MEANINGFUL GOALS.

**SUPPORT AND ACCOUNTABILITY:** PROVIDE SUPPORT AND ACCOUNTABILITY AS YOUR CLIENTS WORK TOWARDS THEIR GOALS BASED ON THE INSIGHTS GAINED FROM THE WHEEL OF LIFE ASSESSMENT.

For more further exploration of your wheel of life, I am available via Zoom or in person by appointment only. Please email me at [consciousbalance1111@gmail.com](mailto:consciousbalance1111@gmail.com)  
Check out my website at [www.consciousbalance1111.com](http://www.consciousbalance1111.com)



## Goal Setting Section:

### CAREER:

GOAL: [WRITE YOUR SPECIFIC GOAL RELATED TO CAREER DEVELOPMENT.]

ACTION PLAN: [LIST ACTIONABLE STEPS OR MILESTONES TO ACHIEVE THIS GOAL.]

### HEALTH & WELLNESS:

GOAL: [SPECIFY YOUR HEALTH OR WELLNESS GOAL HERE.]

ACTION PLAN: [BREAK DOWN THE STEPS YOU'LL TAKE TO IMPROVE YOUR HEALTH OR WELLNESS.]

### RELATIONSHIPS:

GOAL: [DESCRIBE YOUR GOAL FOR ENHANCING RELATIONSHIPS.]

ACTION PLAN: [OUTLINE ACTIONS YOU'LL TAKE TO STRENGTHEN YOUR RELATIONSHIPS.]

### PERSONAL GROWTH:

GOAL: [SPECIFY HOW YOU AIM TO GROW PERSONALLY.]

ACTION PLAN: [LIST STEPS OR HABITS TO FOSTER PERSONAL GROWTH.]

### FINANCE:

GOAL: [DETAIL YOUR FINANCIAL GOAL OR TARGET.]

ACTION PLAN: [NOTE DOWN ACTIONABLE STEPS TO IMPROVE YOUR FINANCIAL SITUATION.]

### SPIRITUALITY:

GOAL: [DEFINE YOUR SPIRITUAL OR MINDFULNESS GOAL.]

ACTION PLAN: [LIST PRACTICES OR ACTIVITIES TO NURTURE YOUR SPIRITUALITY.]

### HOBBIES & RECREATION:

GOAL: [DESCRIBE YOUR GOAL RELATED TO HOBBIES OR RECREATION.]

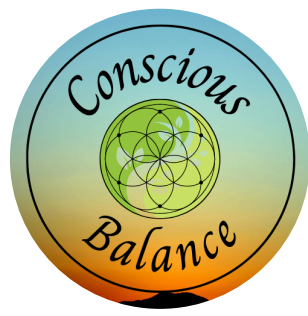
ACTION PLAN: [SPECIFY ACTIONS TO PRIORITIZE LEISURE ACTIVITIES OR HOBBIES.]

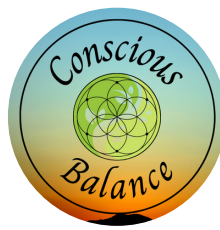
### ENVIRONMENT & SURROUNDINGS:

GOAL: [IDENTIFY YOUR GOAL REGARDING YOUR LIVING ENVIRONMENT OR SURROUNDINGS.]

ACTION PLAN: [LIST STEPS TO CREATE A MORE CONDUCIVE LIVING ENVIRONMENT.]

FEEL FREE TO ADJUST THE TITLES OR ADD/DELETE LIFE DOMAINS BASED ON YOUR PREFERENCES OR THE SPECIFIC AREAS YOU WANT TO FOCUS ON. THIS SECTION PROVIDES DEDICATED SPACE FOR SETTING CLEAR GOALS AND ACTIONABLE STEPS FOR IMPROVEMENT WITHIN EACH LIFE DOMAIN, FACILITATING A STRUCTURED APPROACH TOWARD ACHIEVING A BALANCED LIFE.





## Track Progress Section:

### CAREER:

- INITIAL ASSESSMENT: [INSERT INITIAL RATING ON THE SCALE OF 1-10]
- CURRENT ASSESSMENT: [PERIODICALLY UPDATE YOUR CURRENT RATING TO TRACK PROGRESS]

### HEALTH & WELLNESS:

- INITIAL ASSESSMENT:
- CURRENT ASSESSMENT:

### RELATIONSHIPS:

- INITIAL ASSESSMENT:
- CURRENT ASSESSMENT:

### PERSONAL GROWTH:

- INITIAL ASSESSMENT:
- CURRENT ASSESSMENT:

### FINANCE:

- INITIAL ASSESSMENT:
- CURRENT ASSESSMENT:

### SPIRITUALITY:

- INITIAL ASSESSMENT:
- CURRENT ASSESSMENT:

### HOBBIES & RECREATION:

- INITIAL ASSESSMENT:
- CURRENT ASSESSMENT:

### ENVIRONMENT & SURROUNDINGS:

- INITIAL ASSESSMENT:
- CURRENT ASSESSMENT:

### REFLECTIONS & NOTES:

- PROGRESS NOTES: [SPACE TO JOT DOWN NOTES ON IMPROVEMENTS, SETBACKS, OR ANY NOTABLE CHANGES IN EACH LIFE DOMAIN]
- CHALLENGES FACED: [AREA TO OUTLINE CHALLENGES ENCOUNTERED AND HOW YOU TACKLED OR PLAN TO ADDRESS THEM]
- SUCCESS STORIES: [SPACE TO CELEBRATE ACHIEVEMENTS OR MILESTONES REACHED IN VARIOUS AREAS]

THIS SECTION PROVIDES A CLEAR LAYOUT TO PERIODICALLY TRACK AND UPDATE YOUR PROGRESS IN EACH LIFE DOMAIN. THE "INITIAL ASSESSMENT" SERVES AS A BASELINE, AND THE "CURRENT ASSESSMENT" ALLOWS YOU TO RECORD YOUR PROGRESS OVER TIME. ADDITIONALLY, THE "REFLECTIONS & NOTES" AREA PROVIDES SPACE FOR PERSONAL INSIGHTS, CHALLENGES FACED, AND SUCCESSES ACHIEVED ALONG THE WAY. ADJUST OR EXPAND THIS SECTION AS NEEDED TO SUIT YOUR PREFERENCES OR SPECIFIC TRACKING REQUIREMENTS.

