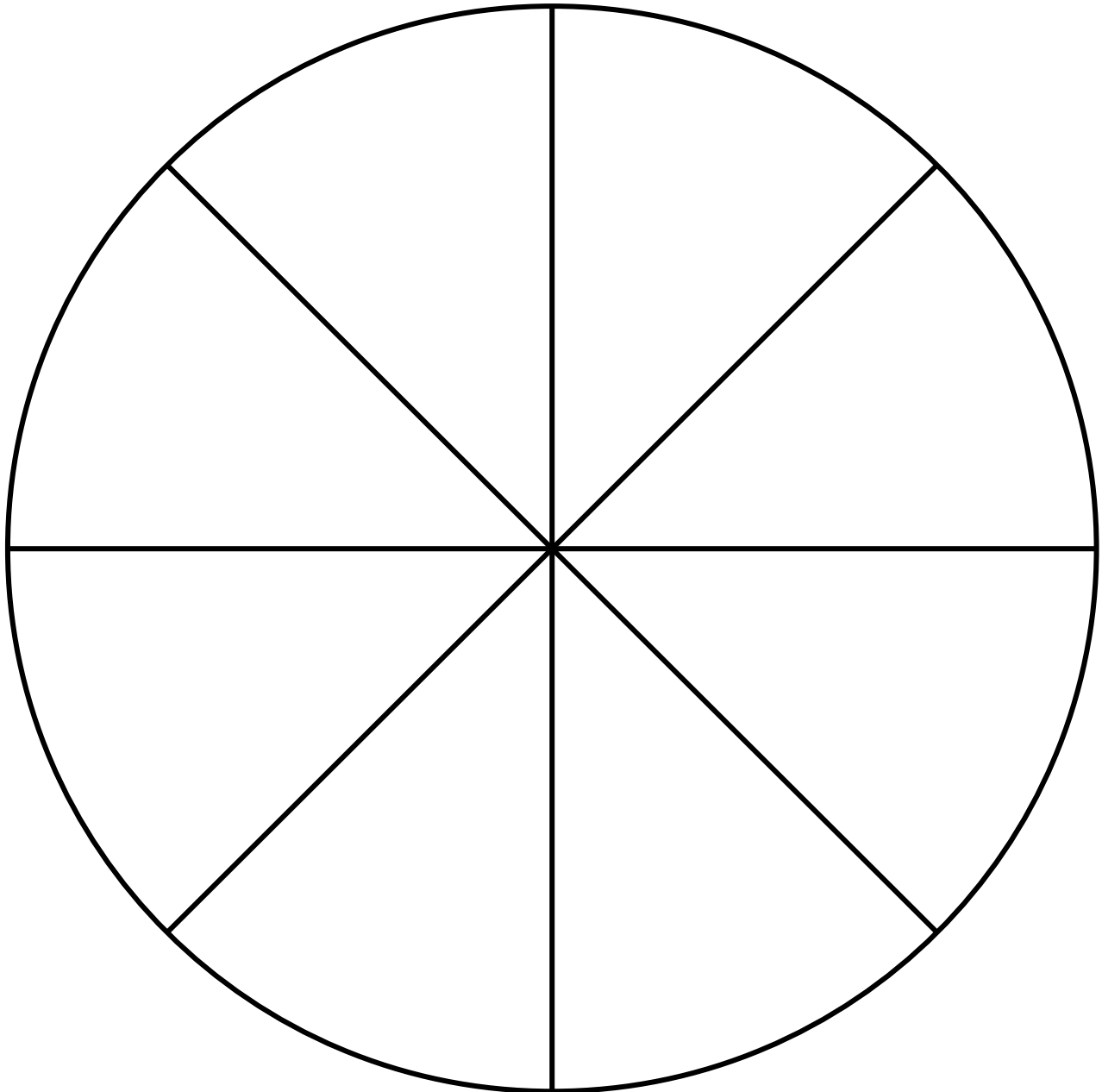


Life Wheel

Each sector represents areas of your life for you to evaluate, score, and gain perspective of what you want to improve.



Life Wheel Worksheet					
Where I Am Now		Where I Want To Be			How I Will Get There
Score	Description	Score	Description	When	

Using the blank ‘Life Wheel’ and the ‘Life Wheel Worksheet’, follow the following instructions:

1. Identify the 8 most relevant areas in your life. Every individual is unique and facing unique circumstances; hence, the most influential areas of life will vary from person to person. (if you do not have 8 areas, that is fine)
2. Label the eight sectors on the blank ‘Life Wheel’ according to your identified areas and for each area, after thinking deeply, score your sense of satisfaction on a scale of 1-10 (10 = very satisfied) and enter it on the ‘Life Wheel Worksheet’.
3. Once you have scored all the sections, under the ‘Description’, write a clear description of what this score ‘looks like’. Be as descriptive as possible.
4. Next, ask yourself the question: "if my current score is ____ in this area, I want to reach the score of ____, by (date)". Enter these in the related sections of the ‘Life Wheel Worksheet’, then write a descriptive description.
5. Next take some time to think of ‘How I Will Get There’ and fill in the ‘Life Wheel Worksheet’. *If you don’t know this for each area at the moment, that is fine.
6. Take more time to think about it and then identify 3 actions, from the entire worksheet, that you can take within the next 5 days.

Next Actions....

Completing this **Life Wheel exercise** regularly is a powerful practice.

It forces a whole-life perspective. And there’s only so often you can see the same areas suffering before taking steps to improve them.

Why is that so important? Because the areas most holding you back limit *everything*. And repeatedly confronting those limiting factors won’t just give you control of your life – it’ll make you a more balanced, more confident and happier person.

The **Life Wheel** is the first step on that journey. The next step is to schedule a free 60-min Coaching session and gain the ability to reach your new goals! To schedule your free 60-min Coaching session with Coach Colin, simply visit:

<https://www.oligye.com/schedule>.