

YOUR WHEEL OF *Life activity*

When was the last time you stopped to think
about how your life is really tracking?

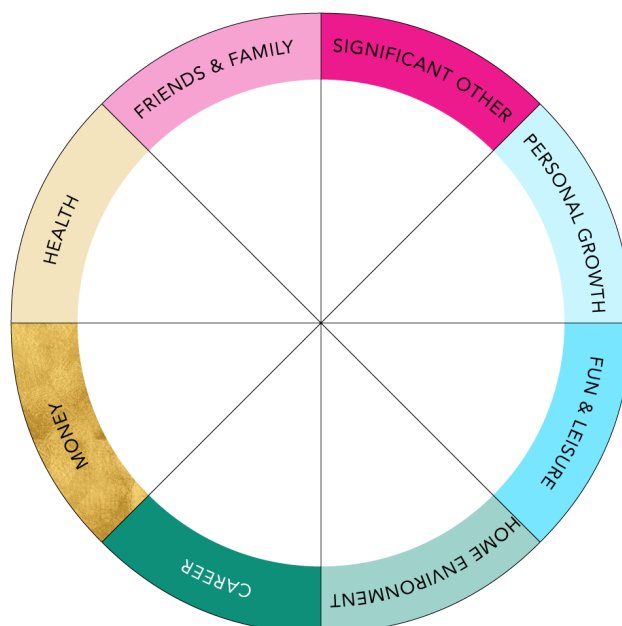
Introduction

Creating a purposeful and balanced life is unique to each individual. What may be exciting or balanced for you, may be stressful or completely off-balance for others.

This activity is aimed at raising your awareness of where things are currently at in different areas of your life right now. It also helps you to think about what's most important to you and, focus on the priorities that will get you closer to the version of your life that you want to live.

Your Life Assessment

Step 1: Review the Wheel of Life and consider the 8 life segments below





Step 2: Consider what an ideal life looks like to you.

Think briefly and make some notes about what a satisfying life might look like for you in each of the 8 life segment areas.

Friends and Family

Significant Other

Personal Growth

Fun and Leisure

Home Environment

Career

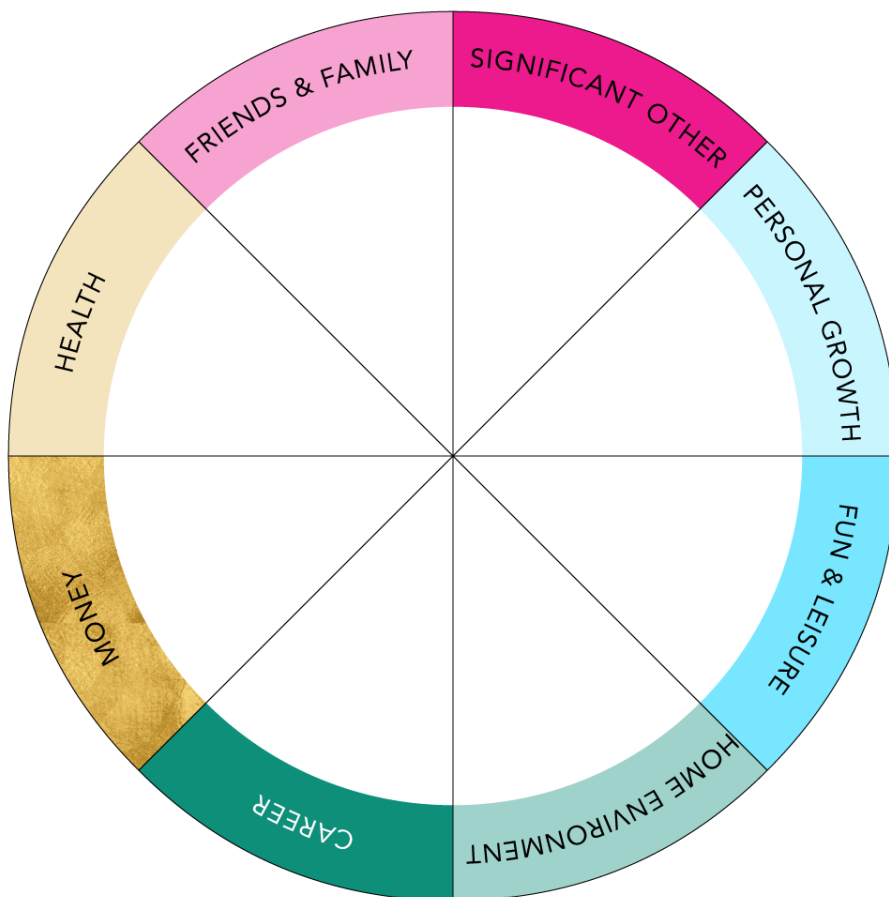
Money

Health

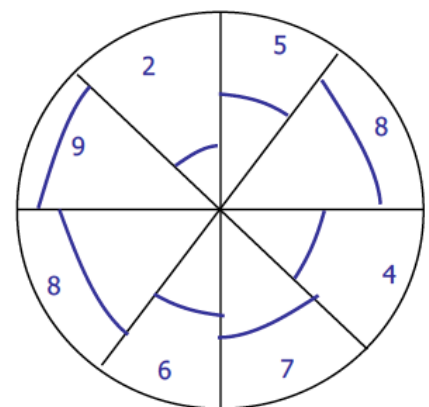
Step 3: For each life segment on the Wheel of Life below, assess how satisfied you are in that area of your life right now.


- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Draw a line and write the score alongside (see example below)

Important: Use the FIRST number (score) that pops into your head, not the number you think it should be!



EXAMPLE.





Step 4. Reflect on each life segment, make some notes of what you'd like to change in that area of your life.

Friends and Family

Significant Other

Personal Growth

Fun and Leisure

Home Environment

Career

Money

Health



Step 5. Considering your reflection undertaken in Step 4. Identify your 3 priority life areas right now. For each of these priority areas, define a specific goal that you would like to commit to and focus on over the coming 6 months.

Life Priority #1

Goal:

Life Priority #2

Goal:

Life Priority #3

Goal:

Step 6. If you're getting stuck and need a bit of extra help assessing where you are in life right now and what's most important to you going forward, please reach out.

I'd love to support you crush your life goals!

Jody Bund x