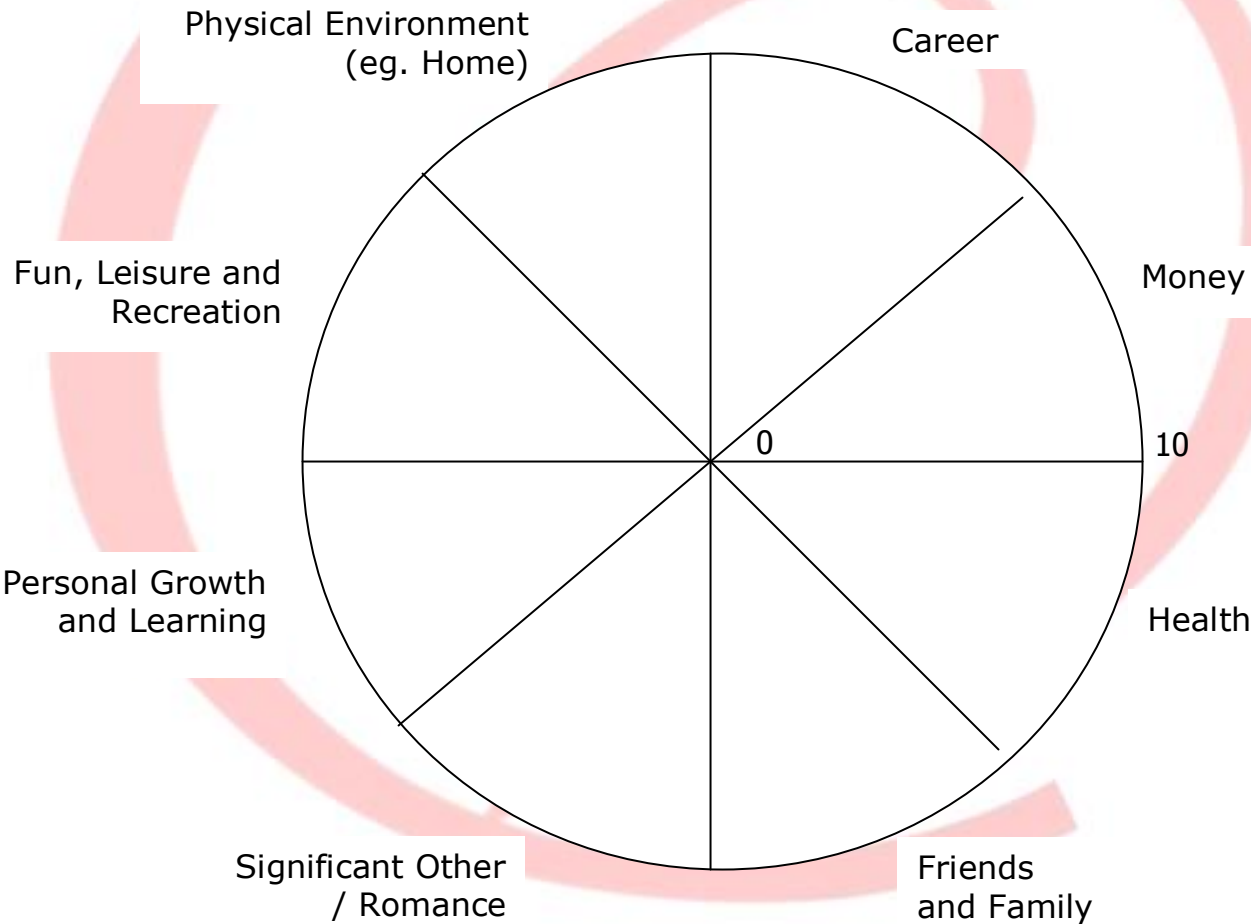




# Wheel of life ... Your Life

NAME: \_\_\_\_\_

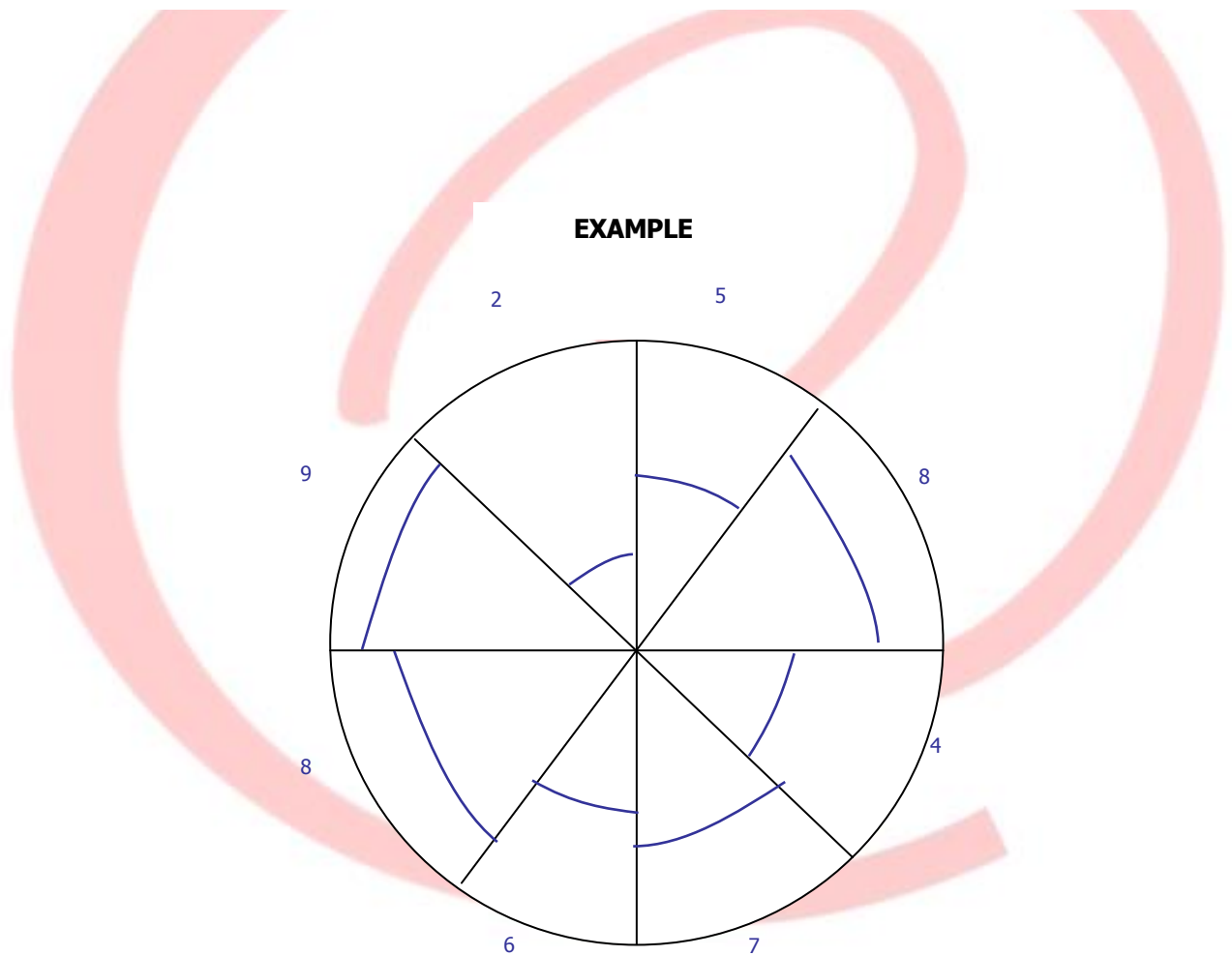
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## WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- ✦ Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- ✦ Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- ✦ The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?



## Establishing a baseline

Be sure to answer the following questions without second thought, without judgment. Just write down the first thing that intuitively comes to your mind.

1. On a scale from 1 to ten, with 1 being low or non-existent to 10 being “high” or “a lot” – where is your **stress level** right now. \_\_\_\_\_
  
2. On a scale from 1 to ten, with 1 being low or non-existent to 10 being “high” or “a lot” – where is your **level of overwhelm** right now. \_\_\_\_\_
  
3. On a scale from 1 to ten, with 1 being low or non-existent to 10 being “high” or “a lot” – where is your **resentment level** right now. \_\_\_\_\_
  
4. On a scale from 1 to ten, with 1 being low or non-existent to 10 being “high” or “a lot” – where is your **level of joy** right now. \_\_\_\_\_
  
5. On a scale from 1 to ten, with 1 being low or non-existent to 10 being “high” or “a lot” – where is your **level of peace** right now. \_\_\_\_\_
  
6. On a scale from 1 to ten, with 1 being low or non-existent to 10 being “high” or “a lot” – where is your **level of harmony** right now. \_\_\_\_\_

### **Looking at questions 1-3;**

What can you do about those things, events, people etc?

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### **Looking at questions 4-6;**

Where do joy, peace, happiness, harmony, etc. reside? Who is responsible for these?

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**Looking at your answers to all questions:**

What are you learning about yourself? What patterns do you see thus far?

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**Looking at your answers and thoughts:**

Can you see a bit more of who YOU are?

Can you identify a few things that you feel and are passionate about?

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**Final Question: Do you know what you WOULD LIKE to do next for YOU?**

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This is your **NOW™ Time**.

Take this time to embrace yourself, to appreciate yourself and then: let's take YOUR next step to YOUR Freedom so you can Live YOUR Life YOU way with calm and confidence, enjoying life full out.

How may I serve you next?

*Peace & Love,*

*Natalie*