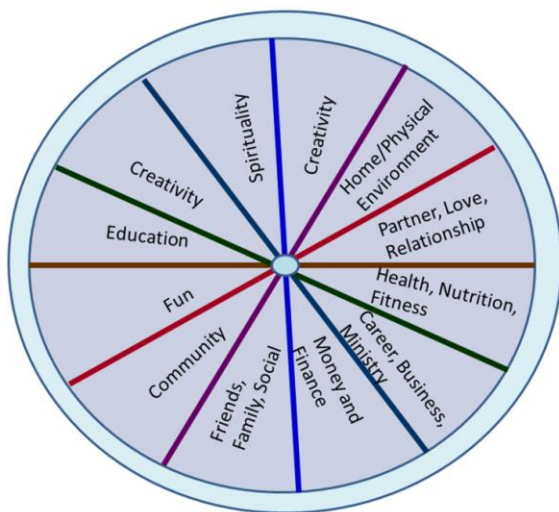


Wheel of Life Exercise



Step 1. Assess your satisfaction in each area of your life.

Step 2. Consider each category on a scale of 0 (low) to 5 (high) and then write down how satisfied you are with that area of your life. Mark each score on the appropriate spoke of the wheel.

Step 3. Connect the marks around the circle by drawing a continuous line. Now ask yourself, "Does my life wheel look and feel

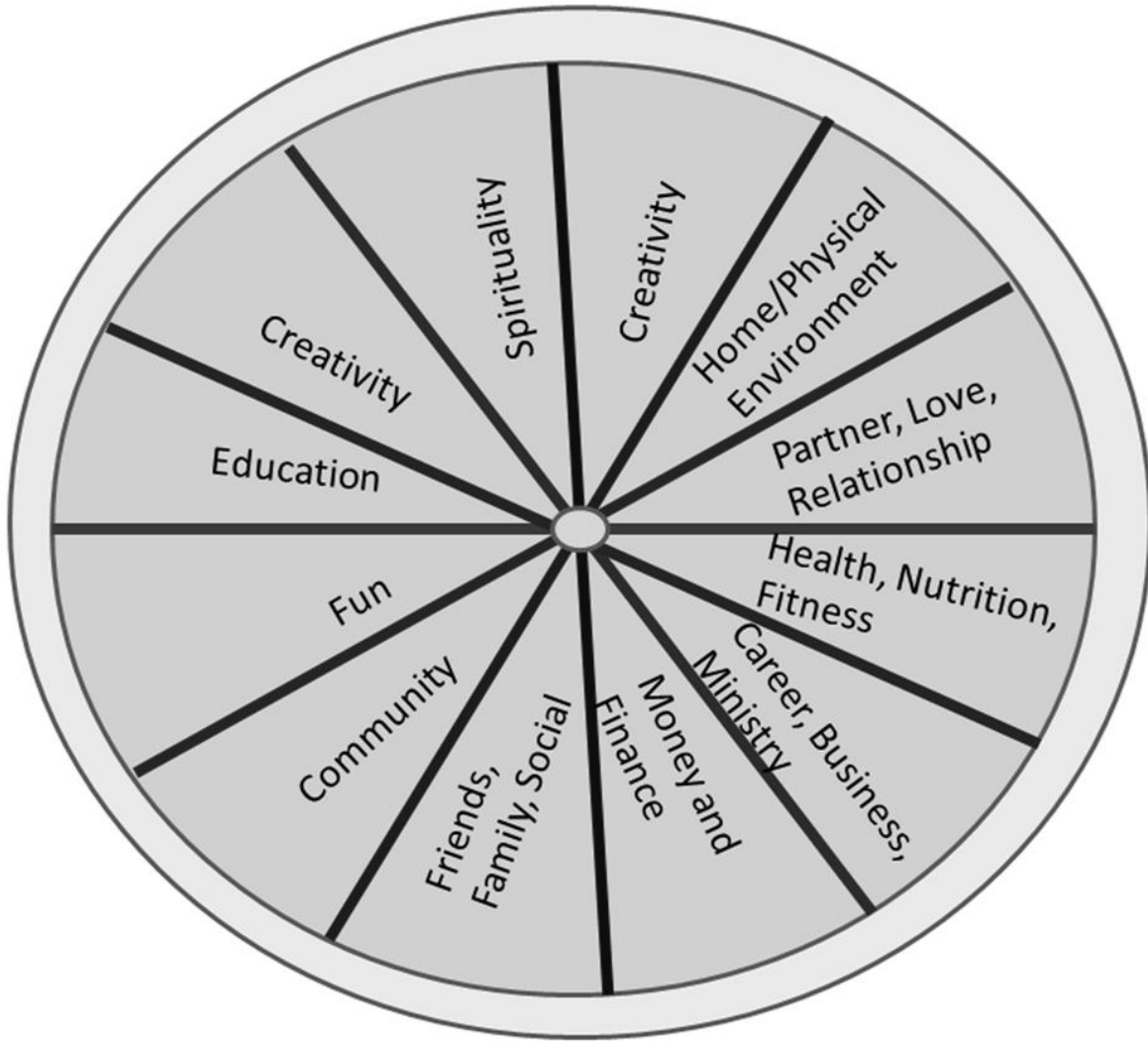
balanced?"

Step 4. Repeat 2 and 3 for the ideal level of satisfaction in each area of your life keeping in mind that priorities are different for each person. Therefore setting 5 in each life area is not necessarily the goal. At different times in your life some areas need more attention and focus than others. In addition you will need to prioritize what is important to you so that your time and energy are managed effectively.

Step 5. Now Plot the "ideal" scores around your life wheel in a different color ink.

Step 6. Review your visual representation of your current and ideal life balance. Where do you see large gaps? These are the areas of your life that need immediate attention.

Give me a call at 866-302-6501 so we can discuss your results!



Wheel of Life

I need to focus on the following areas:

Here's what I'll do to improve these areas: