



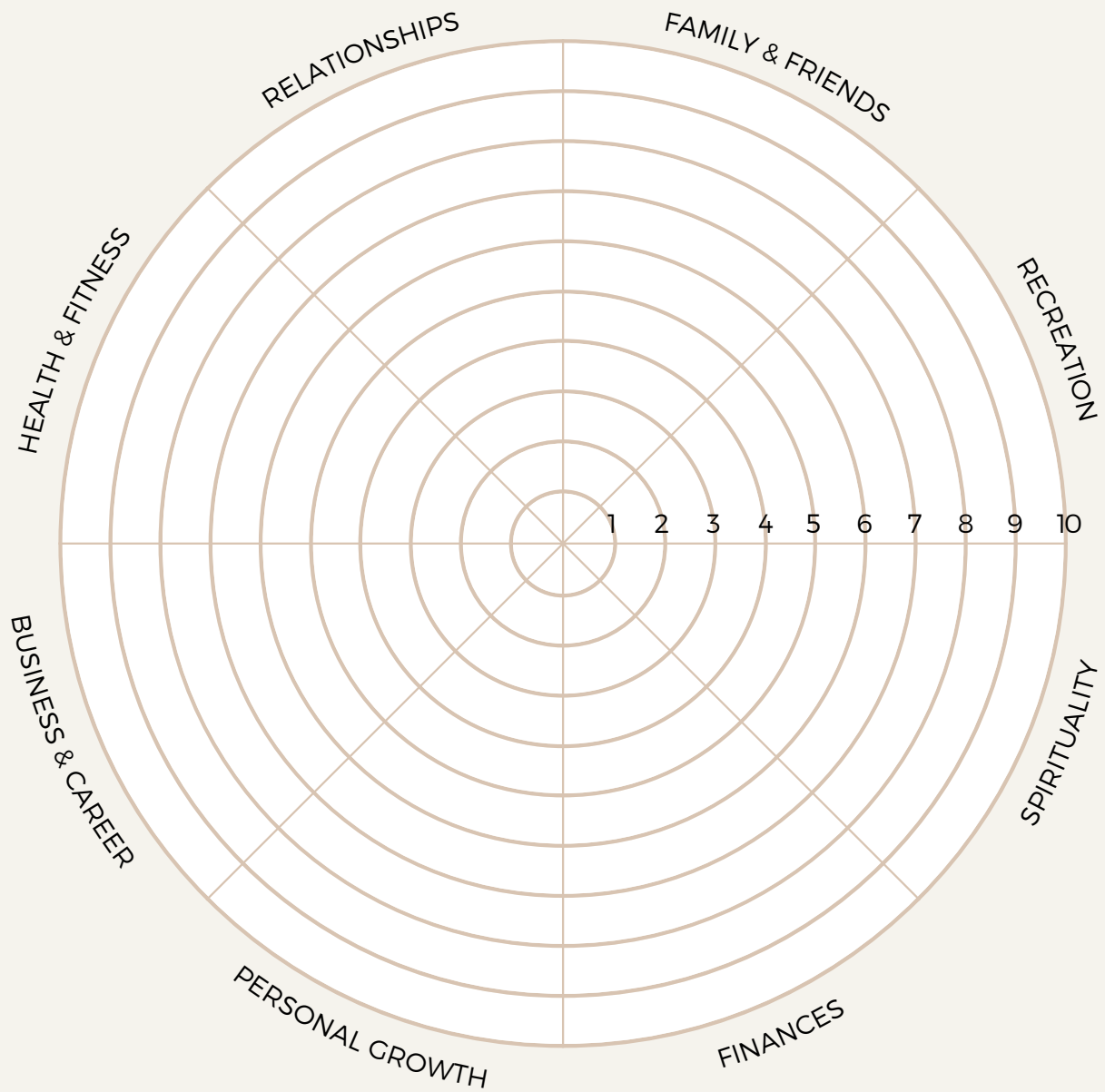
HOW TO USE

The Wheel of Life

WHEEL OF *life*

Think about the 8 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Wheel of Life map.

MONTH _____



WHEEL OF *life*

Using your Wheel of Life as a reference, answer the following questions to reflect on how you currently feel about these areas of your life.

Look at the balance in your wheel. How do you feel about your results?

What area are you most pleased with?

Which area surprised you the most?

Which area would you like to improve?

How will you improve in this area?

What will you need to improve?

What steps will you take to move closer to balance?

What help and support would you need to make these changes?

WHEEL OF *life*

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.

FAMILY & FRIENDS

RECREATION

SPIRITUALITY

FINANCES

PERSONAL GROWTH

BUSINESS & CAREER

HEALTH & FITNESS

RELATIONSHIPS

WHEEL OF *life goals*

Choose the areas you'd like to work on and think about the goals and next steps you'll need to take to get there.

FAMILY & FRIENDS

1.

2.

3.

RECREATION

1.

2.

3.

SPIRITUALITY

1.

2.

3.

FINANCES

1.

2.

3.

PERSONAL GROWTH

1.

2.

3.

BUSINESS & CAREER

1.

2.

3.

HEALTH & FITNESS

1.

2.

3.

RELATIONSHIPS

1.

2.

3.

THREE MONTH *vision*

Imagine there are no obstacles. How would you like each of these areas to look in 3 months time?



What's one change you will make to help you move towards these goals?

GRATITUDE Tracker

Each day
I am
grateful

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

This is a gratitude tracker template. It features a central white circle with the text "Each day I am grateful" in a mix of sans-serif and script fonts. Radiating from the circle are 31 thin, light-brown lines, each ending in a small number from 1 to 31. The numbers are arranged in a circular pattern around the circle, with 1 at the top left and 31 at the bottom left. The entire design is set against a light beige background.

Did you find this Wheel of Life tool useful?



We have lots more tools available for you
at principlethinking.co.uk
Visit the website and subscribe to find out
more.

JOIN ME