

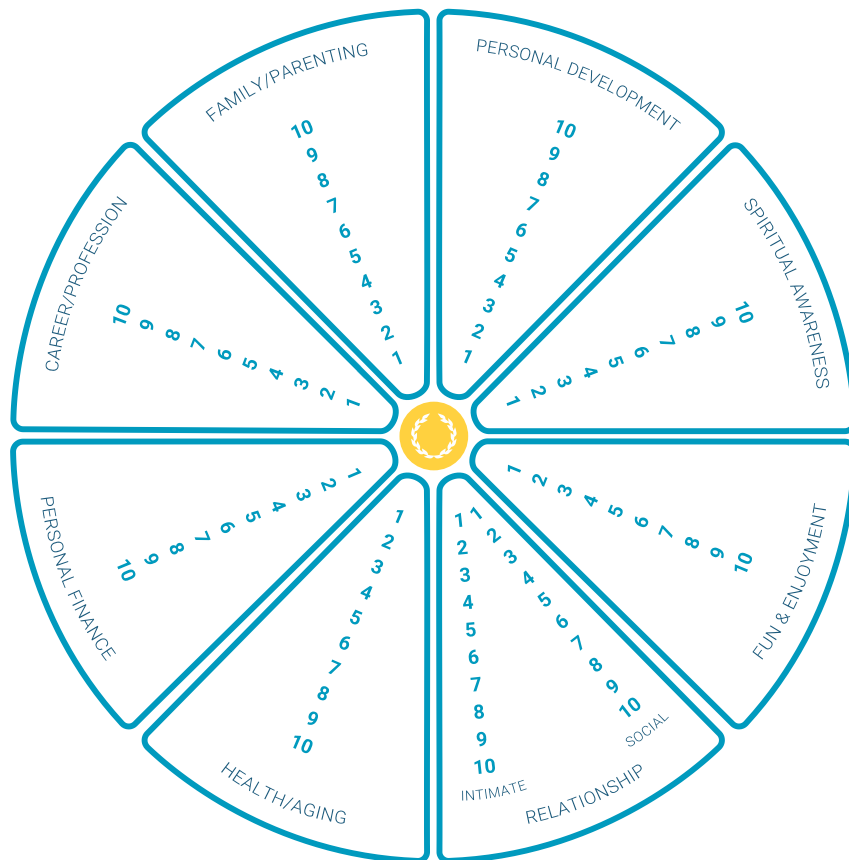
WHEEL OF LIFE

This activity will take 2-5 minutes only.

ACTION (5 Steps):

1. Take a quick 10 seconds look at the Wheel below and move to the next page

Wheel of Life





LIFE & BUSINESS BY DESIGN
BEYOND BORDERS & BOUNDARIES

2. Take 1 min to view the items below to support you in the next step.

<p>Personal Development</p> <ul style="list-style-type: none"> Personal Achievement Friendships Energy for life Self-Acceptance Balance Communication Creativity 	<p>Career & Profession</p> <ul style="list-style-type: none"> Leadership Achievement Personal Performance Vision Fulfilment Self-Expression Organisation Excellence 	<p>Spiritual Awareness</p> <ul style="list-style-type: none"> Life Purpose & Vision Belief System Integration Intuition Community Practice/Ritual Self-Realisation Ego Transcendence
<p>Finance</p> <ul style="list-style-type: none"> Income Expenses Financial planning Abundance Consciousness Legacy/Estate Organisation Investments Budgeting 	<p>Family & Parenting</p> <ul style="list-style-type: none"> Spouse/Partnership Children/Relationship Parenting. Discipline Communication Responsibilities Boundaries Managing time Home Atmosphere 	<p>Fun & Enjoyment</p> <ul style="list-style-type: none"> Creativity Outlets for Stress Spontaneity Laughter Culture Movies/Plays Hobbies/Sport
<p>Relationships</p> <ul style="list-style-type: none"> Intimate/Romantic Trust Boundaries Communication Mutual Support Friendship Honesty Social (Co workers/ partners/friends) 	<p>Health & Aging</p> <ul style="list-style-type: none"> Exercise Positive Thinking Vitality Social Relationships Support System Self-Care Nutrition 	

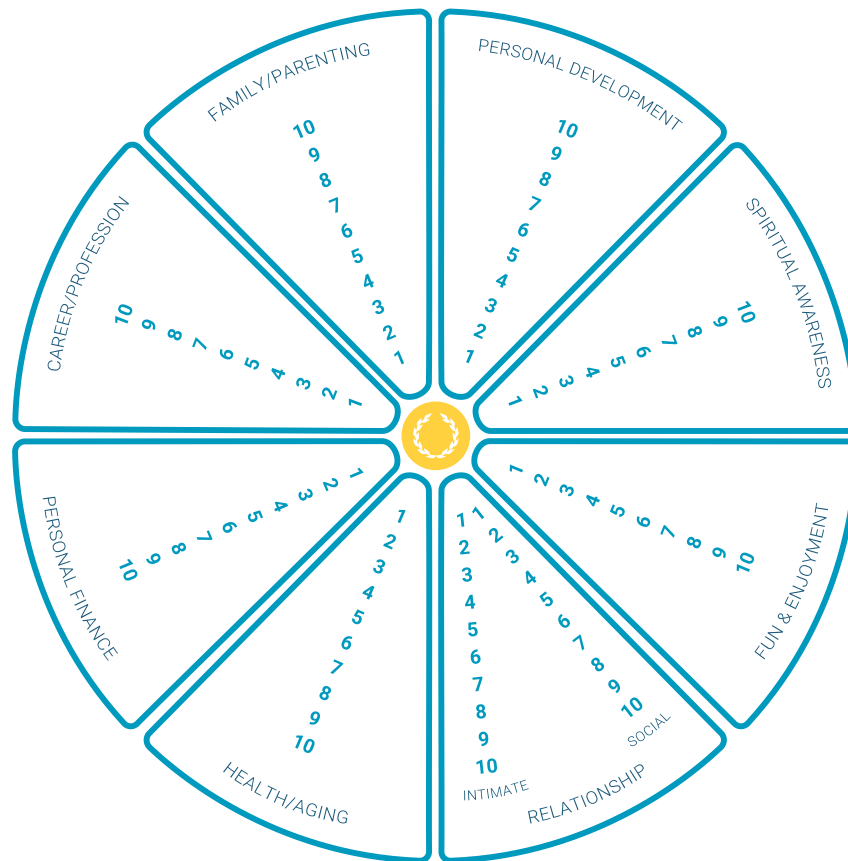
3. Look at the Wheel. Do not think much, please try to respond with your gut, heart. For each section of the wheel, circle the number on each spoke/sector that represents your current level of satisfaction.

The higher the number, the more satisfied you are in that area.

10 - entirely satisfied

0 - dissatisfied

Wheel of Life



4. Connect the dots

5. Now... try to answer to yourself the following questions.

- What do you notice?
- Where are you currently dissatisfied in your life?
- Where do you currently stand?
- What do you describe as an nr 3, or 5 or 8...? For different people it is different representation.
- What would it look like if it went up by 2?



If you would like to have a free debrief please send filled Wheel of Life
contact@lifebydesign-academy.com

All responses will be treated confidentially. (see ICF – International Coaching Federation Code of Ethics)

MORE:

To discover and work deeper on each area separately you can also request the Wheels of Personal Finance, Leadership, Career/Profession, Family & Parenting, Personal Development, Spiritual Awareness, Fun & Enjoyment, Relationship, Health/Aging and set up a coaching session to support your needs in any particular area contact@lifebydesign-academy.com