

Your Life Wheel

Would you like to move things forward in your life but don't know with what, or where to start?

The first tool I recommend is the Wheel Of Life as this is a great tool for giving you a simple but effective snapshot of "where you're at."

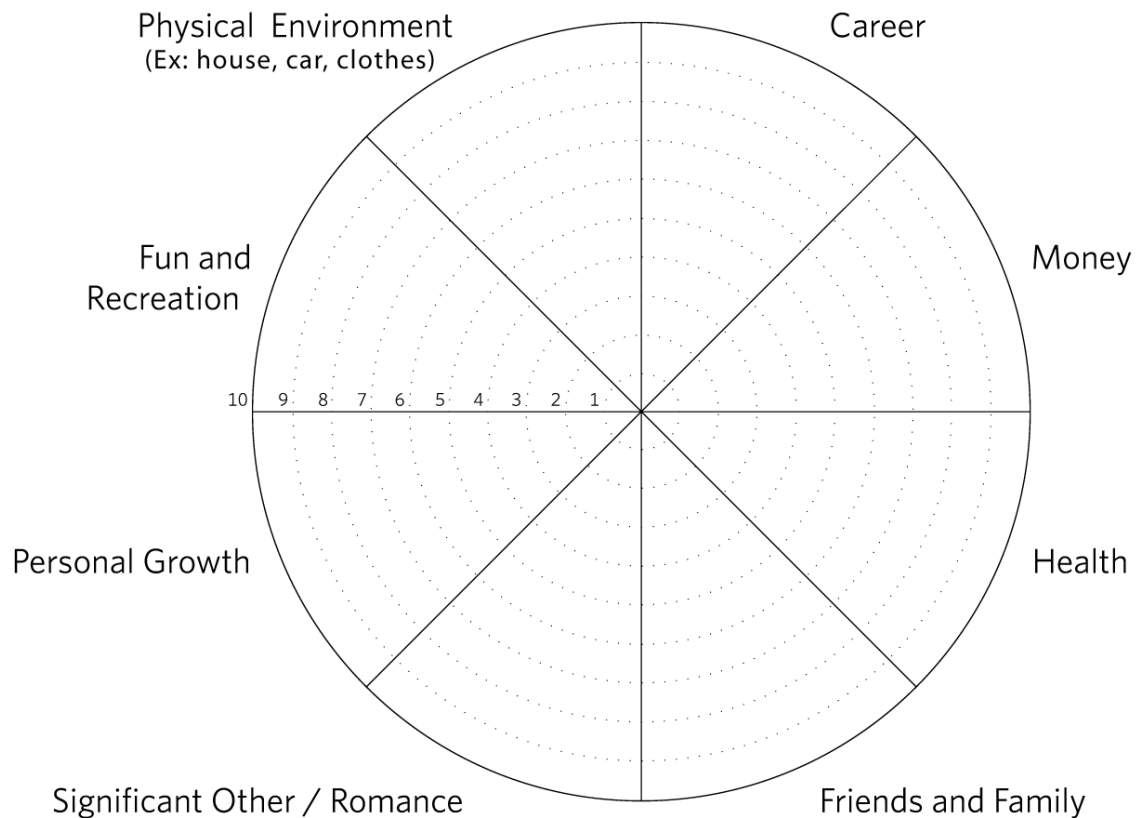
Think about the different areas of your life as they are right now. What are you happy with?

Is there an area that could do with some improvement?

Just complete the diagram below and follow the instructions.

Action

You will notice the diagram is divided up into different areas which represent areas of your life



Look at each of the segments and now rate your satisfaction level in your own life for each area. Give it a score between 1 and 10 with 10 being totally satisfied..

After you've rated each section with a number then consider:

What areas would you like to work on?

What would have to happen in that area to give it a score of 10?

Don't worry about thinking big here. Be creative. If you are in a job you hate and a 10 for you would consist of starting and running your own business then write that down.

Now you've identified the areas you want to improve and the exact results you want, your mind will be focused and attuned to the opportunities around and you can get started on realising your plans.

Yogi Berra: If you don't know where you're going, you'll wind up someone else.