









Wheel of Life Self-Assessment

The Wheel of Life highlights the 8 major parts of our lives. If one part is wonky, it impacts all the others and your LifeWheel can't move forward smoothly. Rank each part of your life from 0-10 by colouring in the band. 10/10 means nothing more to do, its going 100% and 1/10 meaning it needs a LOT of change. We'll assess the results, identify which areas are out of alignment and change them to get you moving forward freely and easily.

-  **Personal Growth & Learning**
Are you a life-long learner, continually striving to be the best version of yourself?
-  **Finances**
Are you financially comfortable & on track to achieving your financial goals?
-  **Relationship**
Do you currently have a fulfilling relationship/s? Are your emotional needs being met?
-  **Business & Career**
Do you love what you do? Are you on track to achieving your business and career goals?
-  **Fun & Recreation**
Can you relax and enjoy down time? How important is this to you?
-  **Friends & Family**
Are your relationships with family and friends fulfilling and valuable to you?
-  **Spiritual**
How often do you stop and connect to why you're here? What's your purpose is?
-  **Health & Fitness**
You only have one body to live in? How much are you taking care of it?

