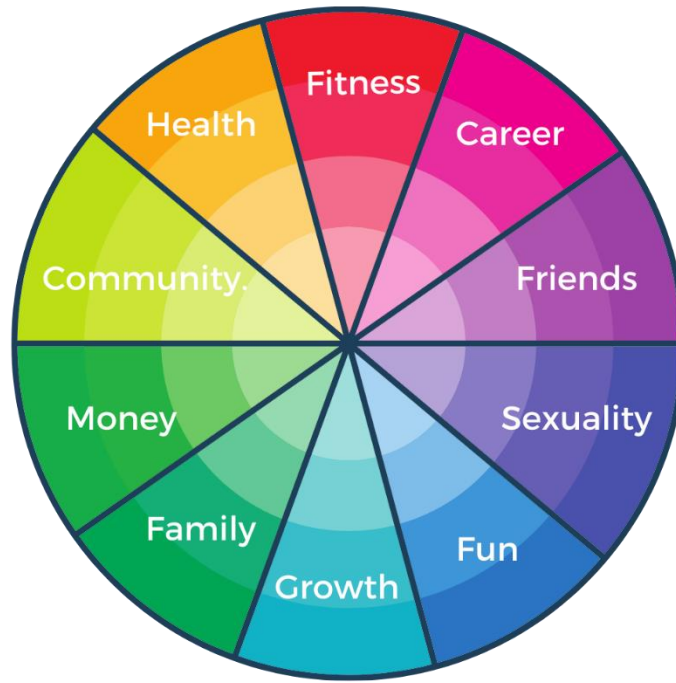


The Wheel of Life & Goals Focus - Self-Discovery Exercise



Goal

The aim is to take a snapshot of your life at this very moment, and it will be reviewed in our 1-1 session to point out the gaps between what is true today and what you really want for the future. We will then focus on your priorities and the action plan to raise your satisfaction.

Instructions

- Rate each domain: 1=not satisfied, 10=highly satisfied. Feel free to add new domains.
- For each Domain provide a simple heading (even single words) to bottom line
 - what you are grateful for
 - things that don't work
 - goals, around personal qualities and/or specific objectives
 - Flag the top 3 priorities from ranking from 1= highest to 5=lowest

Additionally, you might want to ask someone who knows you well to complete the scores for you, to understand an outsider's perspective.



Domain	Current Rating (1-Low 10-High)	Desired Rating (1-Low 10-High)	What are you grateful for?	What's not working today?	Goals	Top 3 (1,2,3)
Career						
Personal Finance						
Health						
Fitness						
Friends						
Family						
Spirituality						
Sexuality						
Personal Growth						
Fun						
<i>Others ? Feel free to add new areas in</i>						



<i>your own words</i>						
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