

The Wheel of Life

The Wheel of Life is familiar to many because it's a great place to start to look at the areas of your life that may need some special attention. Refer to the image below and rate each area of the wheel on a scale from 1 to 10 (1 being poor and 10 being can't get any better).

Congratulations, you have just taken a very important step to greater fulfillment in your life by defining the areas that need some work. Now you want to ask yourself ***"What would it take*** to be fulfilled in the area of ____". For example: "In Fun and Recreation, you say your sense of fulfillment is 5. What would it take to raise that to a 7? What will you do to make it fulfilling?"

My challenge to you: Set one specific goal for each area of the wheel to be reached by Jan.1/09. (I'll be checking in with you ☺) If you rated the area a 10 (good for you!) then your goal may be to simply continue on your awesome path. For example: "If you rated Health a 10 your goal may be to continue to exercise 4 times a week and eat green leafy vegetables every day (ugh...sorry, I almost couldn't write that)".

Good luck,

Coach Kristine

