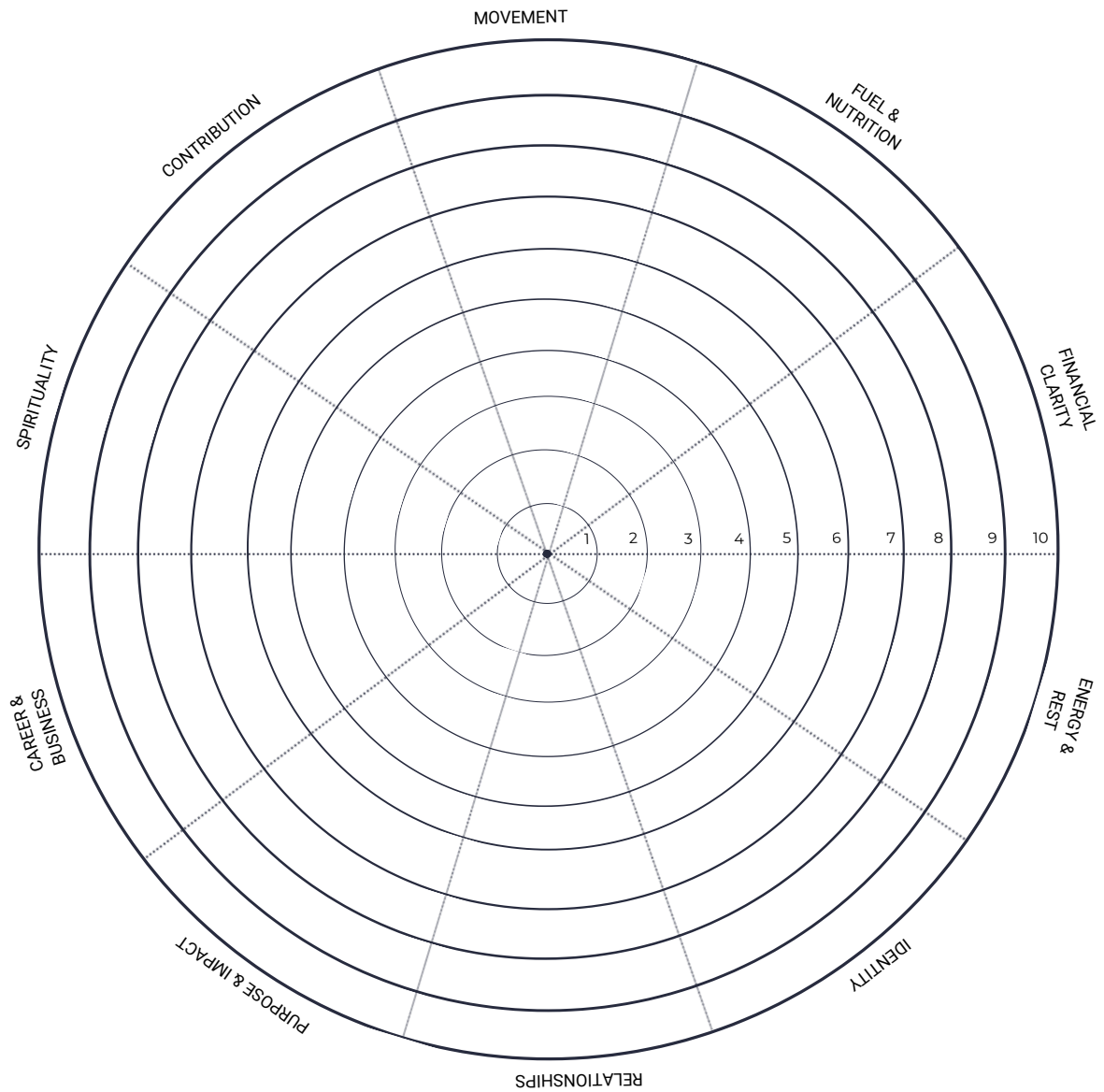


Wheel of Life



- Movement
- Fuel & Nutrition
- Finacial Clarity
- Energy & Rest
- Identity
- Relationships
- Purpose & Impact
- Career/Business
- Spirituality
- Contribution

Instructions:

Let's be clear about what this is: a framework. It's one way to look at the wheel of life, and start to get clear on what areas of your life need support.

Nothing more, nothing less. It's not here to grade what you haven't done, or override everything you've already built and accomplished. It's here to bring clarity—to give shape and structure to where you stand right now.

Here's how to use it.

- Print it out. Find a quiet stretch of time, grab a pen or highlighter, and give yourself the space to actually sit with it.
- Rate your current satisfaction in each category on a scale of 1 to 10—1 being completely dissatisfied, 10 being extremely satisfied. Be honest, not aspirational.
- Connect the dots across each category to form a circle. This gives you a visual of where you stand across the different areas of your life.
- Look at the shape you've drawn. An even circle points to balance. An uneven one points to where your attention is being pulled or where it's been missing. Lower ratings aren't a verdict. They are revealing what to work on.

This isn't one-and-done. Revisit it at least once a year, at your annual planning or yearly session. Life shifts, and the wheel should shift with it. Coming back to it regularly is how you track real progress and stay in balance over time.