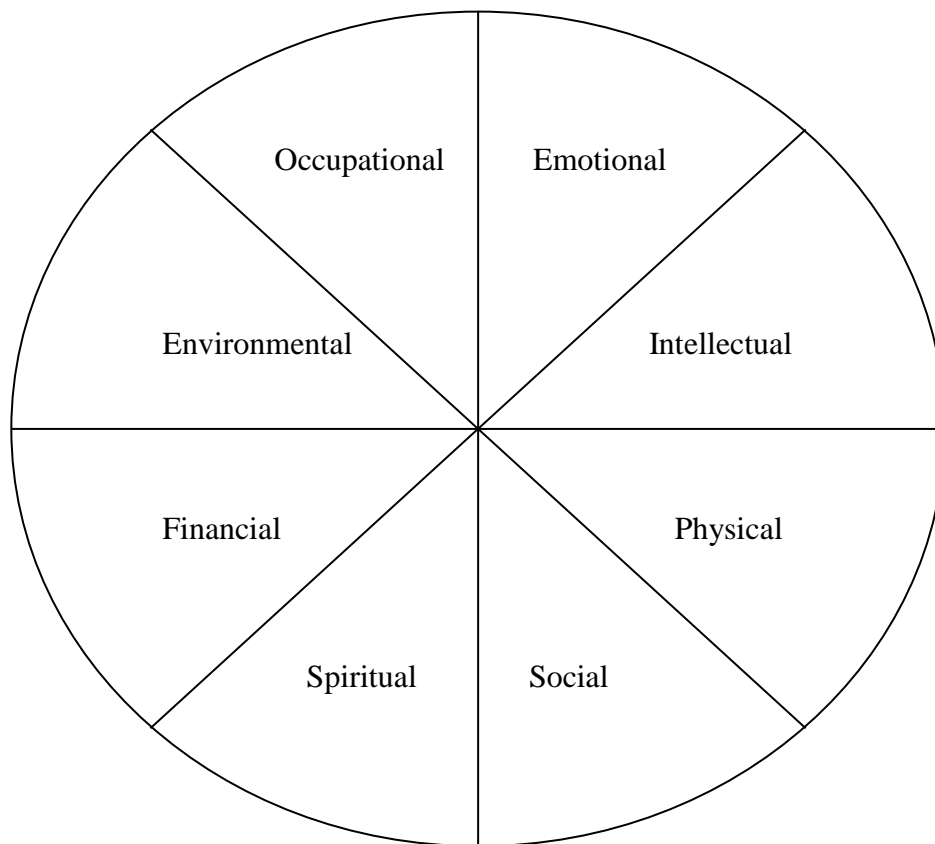


# Life Wheel

This Life Wheel is a simple tool to help you do a quick, initial evaluation of several areas of your life in terms of quality, balance and personal satisfaction. There are no right or wrong answers in this exercise. The Life Wheel, although incomplete in possible areas of participation, gives you an opportunity to look at your general life situations from a simple and clear perspective. This tool will allow you to see which areas are more balanced and fulfilled, which areas are out of alignment and which areas will require your attention as we move forward. You are always at choice!

**YOU HAVE THE POWER to reinvent yourself moment by moment. ARE YOU READY to experience how good it could really be - TO BE YOU?**

## 8 Areas of Wellness



**Emotional Wellness** – The ability to experience, embrace and express a full range of emotions in oneself as well as with others without losing perspective of the relevance and information each emotion is bringing forth. Able to observe and take action in the midst of each emotion without losing oneself to avoid, resist or control what's next. A place of empowerment and foundation for healthy life choices and relationships.

**Financial Wellness** – The ability to sustain daily living responsibilities while planning and providing for future financial needs. A willingness to delay short term gratification for a long term result.

**Social Wellness** – The ability to create and sustain friendships, and relationships that provide a sense of connection, belonging, community, support and celebration within healthy environments for growth and fulfillment.

**Spiritual Wellness** – The ability and willingness to appreciate and accept diverse multi-cultural beliefs and backgrounds that allow for the co-existence of differences while expanding our sense of oneness, purpose and meaning in life.

**Occupational Wellness** – The fulfillment and satisfaction derived by contributing one's skills, talents, education and experience to a task, project, organization or entity that is both respected and appreciated for its value and contribution toward the larger mission.

**Physical Wellness** – The ability to monitor and manage healthy, sustainable habits in the areas of nutrition, exercise, sleep, stress management and energy regeneration. An understanding and implementation of the ongoing requirements for quality of life and longevity.

**Intellectual Wellness** – The ability to maintain an open mind while pursuing education and information that contributes to the evaluation, awareness and relevance of choices, challenges and quality of one's life. Intellectual stimulation includes new concepts, creative thinking, skills enhancement, group interaction and the pursuit of becoming a lifelong learner.

**Environmental Wellness** – The ability to take personal responsibility for the internal and external environments that impact the quality of one's life. Intentional and purposeful choices that promote and provide space and support for all other areas of wellness.

**Instructions:**

- Step 1.** Rate the areas above on a scale of 1 – 10 (10 being high) indicating your current level of satisfaction with your choices, actions, results and experiences in each area.
- Step 2.** Now look at the very center of the circle where all the sections meet. Imagine that is point 0 and the widest part of each wedge is point 10.
- Step 3.** Put a little mark and the rating you gave that section at the height of where that rating would be on the wheel from 0 - 10. For instance, if you rated an area a 7, determine where the height of 7 is on the wedge and make a mark on one of the lines that separate the wedges at the height of where a 7 would be for that section.
- Step 4.** Draw a line all the way across each wedge at the height of the rating you gave each area. Basically, you are creating a new wheel inside the outer edge of that circle.
- Step 5.** Now hold your wheel out away from you so you can see the shape of the new wheel. Now, ask yourself, if you put that wheel on your car, would the ride be a little bit bumpy?
- Step 6.** What did you notice, learn or observe about yourself in this exercise?

Choose a category you would like to make a change in today. Keep in mind it doesn't have to be the one with the lowest rating. Pick something meaningful to you for this exercise.

What was your rating in the area of life you are choosing to work with today? \_\_\_\_

Describe what that area of life looks like today in the form of thoughts, words and actions.

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If it were a 10, what would it look like for you?

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How would that make you feel?

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If you keep doing what you are doing and stay at the current rating, how would you feel?

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If you were to integrate choices that would enhance or elevate your rating at least one level, how would you benefit?

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How would that make you feel about that area of life and about yourself?

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What action or practice would enhance your level of satisfaction one notch?

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What is the biggest obstacle standing in your way to increase your level of satisfaction in that area of life?

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What thought, belief, judgment or behavior would you have to let go of or surrender to move past this obstacle?

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Are you willing and ready to take responsibility to do that?

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What support do you already have in place to take responsibility to move forward and integrate new practices in that area of life?

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What additional support would you have to be willing to enroll or request to assure your success?

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What layers of accountability will you integrate to assure your success?

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How will you benefit from integrating accountability in moving forward?

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What did you learn in this exercise?

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What is available to you as a result of your learning?

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Are you ready to get started? If not, what would you need to know, learn or experience to take responsibility to enhance the area you are not currently satisfied with at this time?

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If you are ready to take responsibility for enhancing your satisfaction in this area, make a promise to yourself by signing and dating this contract.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Congratulations! You are on your way to designing and experiencing a life you love.

If you are interested in additional support, teachings or conversations, please contact me, Denise @ 985-860-8861 or [denise@empoweringpotential.com](mailto:denise@empoweringpotential.com) to take this to the next level.

Denise Palmisano, C.H.P.C. - Certified High Performance Coach, C.I.C.P. - Certified Integrative Coach Professional, International Empowerment Coach, Speaker, Author and Seminar Facilitator. Denise has over 20 years of experience in the personal and professional development industry and is the owner and CEO of Empowering Potential LLC, [www.empoweringpotential.com](http://www.empoweringpotential.com).