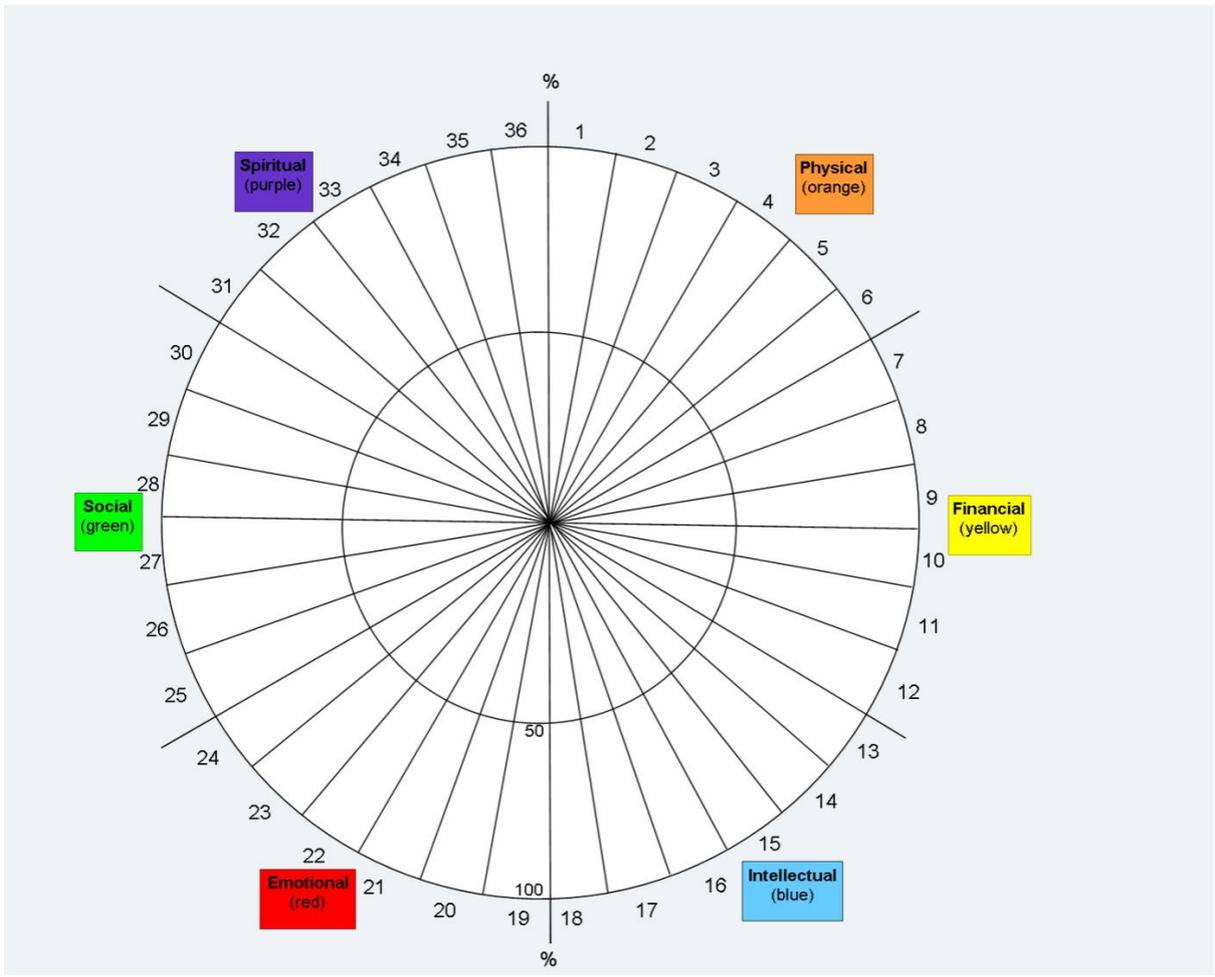




Wheel of Life



The Wheel of life exercise is a good way to take a moment and see what area's of your life could do with a bit of attention.

For each question colour in the section on the well. For example. Question 1 is about diet and food. If you feel that you are fulfilling successful this area of your life colour in the whole section., If it's 50% right for you fill in half the section and so on.

#### Physical Section - orange

1. I eat mostly a whole-food oriented diet that is tailored to my body and needs
2. I take time to exercise and move my body at least 3 times a week
3. I make a point to manage my health
4. I try to eat healthy as much as I can, but know it's ok to have a little bit of what I fancy some times
5. I make sure to get adequate rest
6. I take time every day to visualise my body healed/healing

#### Finance/Occupation – yellow

7. I have a positive net worth and know what it is
8. I have a prosperity versus a poverty mentality
9. I feel as if what I do for a living makes a difference
10. My income allows me to do all the tings that are important to me, whenever I want to
11. I have a healthy balance between work and the other area's of my life

#### Intellectual Section – Blue

12. I have specific intellectual goals and update them on a regular basis
13. I take time to purse mentally stimulating interests and hobbies
14. I am generally satisfied with my vocation and I do what I love
15. I try to maintain a positive attitude
16. I would describe myself as a lifelong learner always in pursuit of new knowledge
17. I commit my time and energy to enhance my professional and self-development skills
18. I have a solid financial plan for the future

#### Emotional Section – Red

19. All the key area's of my life are adequately balanced
20. I take time to laugh and smile every day
21. I express my feelings appropriately – even if those feelings are negative
22. I am easily able to adapt to change
23. I practice good self-care and am able to console myself in times of trouble
24. I have a solid support system with friends and family

#### Social Section – Green

25. I am easily able to resolve conflicts in all area's of my life
26. I acknowledge the feelings of others and respond appropriately
27. I have at least one close friend in whom I have a lasting and trusting relationship
28. I am aware of and able to set and respect my own and others boundaries
29. I have a satisfying social calendar and take time with family and friends
30. I have a sense of belonging and interconnectedness

### Spiritual Section – Purple

31. I regularly practice meditation, self-reflection, pray or engage in some type of spiritual or personal growth practice
32. I feel as if I have a good sense of peace and serenity in my life
33. I have faint in a higher power and this sustains me
34. I have a real sense of meaning and purpose for my life and know my life makes a difference
35. While I continue to grow and seek deeper spiritual insights and experiences, I feel completely at peace with who I am and my level of spiritual understanding and perspective on life
36. I live my life effectively in the now, attending to responsibilities, yet free and spontaneous, with a sense of enjoyment in the present moment

### Reflection

- Which section of your wheel has the most colour?
- Which section of your wheel has the least colour?
- Are there any surprises?
- What can you do differently to start making simple changes?