

Success Starts Here!

Wheel of Life®

You need to know where you are starting from in order to move forward to your success. The Wheel of Life® represents your life, divided into different areas. YOU are at the center because only you can truly judge where you are in each area of your life. Many people may try to tell you where they think you are: your spouse, your mother and father, your boss, etc. But the only one who has the right to determine where you are is you.

Along each spoke, representing the six areas of your life, are ten intervals. Zero is at the center and 10 is on the outer rim. Look at each area of your life and circle the dash mark along the spoke that represents your level of satisfaction with that particular area.

For example, in the area of Physical and Health, if you feel that you are a good weight for your height, that you eat good healthy meals, and get an annual check-up, but you are concerned that you are too busy to exercise; you might mark yourself as a six or seven. That is an indication that in that area you can see some real possibility for improvement to experience optimum health.

Go around each area and circle the mark where you feel you are at this moment of your life. Once you have circled the dash marks on all six spokes, connect the marks. The ideal wheel would be big and round, with every area of your life scoring a 10. However, ideal rarely happens. More likely you have some areas that are high while others are low. Or you may have a fairly balanced wheel, with all the numbers being similar, but the wheel is small. This is a subjective view of where you are at this moment of your life, but it is also a starting point for where you eventually want to be.

Now, determine which of the sections are not where you would like to be and write on a separate paper what would be happening in your life within the next two to five years (or whatever time frame you wish to choose) if everything was to go exactly as you wanted it to. Write something for each area that you would like to see improvement and what that would look like for you.

Now, starting with the area where you see making the most improvement or the area that most speaks/ to you circle the things you wrote that are important to you. Then star those that are most exciting to you. This is your first step in creating a list that will become your "Dream List" which, as you read on, will evolve into a list of meaningful, personal goals.

Your Master Dream List

From your **Wheel of Life®**, write down the things that are important to you and those that excite you. Indicate which area of the Wheel of Life® they come from. And once started, keep adding to your list. Ask yourself, "What do I want?" Don't prejudge or allow others to determine your dreams. They are yours and there is no right or wrong dreams. Make sure you put down dreams in every area of your Wheel of Life® because this will help you keep your life in balance.

Watch the video for a walk through the process. We'll let you know about other workshops coming up.

WHEEL OF LIFE



MASTER DREAM LIST

List everything you have ever wanted – places to go, things to do, possessions to own, personality or character traits to develop, goals to achieve. Date each item when you enter it and indicate the area or areas of life involved. Add to your dream list regularly.

Date	Your Dream	Area of Wheel