

DESIGN YOUR LIFE

PHYSICAL HEALTH
RECREATION
FINANCES
CAREER

MENTAL HEALTH
HOME
RELATIONSHIPS
PERSONAL DEVELOPMENT

examples for each category on page three



Score your level of satisfaction in each of the 8 categories of your life. Zero means you are not satisfied and feel unfulfilled in that area. 10 means you are extremely satisfied with that area and feel very fulfilled.

Color the number of spaces on the wheel that match your ranking. You will see very clearly the category in your life that can use improvement and the ones that feel satisfied. Have fun with this and be colorful.

DESIGN YOUR LIFE

a deeper dive

Identify the category of life that you most want to work with to begin. Choose one category at a time but know you can come back and revisit this exercise with another category.

The category of life I choose to work with is _____

WHERE I AM NOW

Write a detailed list of where you are now in this category of life.

SIX MONTHS FROM NOW

Write a detailed list of where you would like to be six months from now, Think of this from a place of "anything is possible," not what seems logical Remember to include what it feels like, looks like, who's there... include all the senses.

BLOCKS/HOLDBACKS

Write a detailed list of what you believe is holding you back from this dream life.

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WHEEL OF LIFE CATEGORY EXAMPLES

PHYSICAL HEALTH: exercise, eating habits, sleep, support

RECREATION: fun, play, relaxation, interests, hobbies, rest

FINANCES: savings, investments, freedom

CAREER: freedom, advancement, impact, purpose

MENTAL HEALTH: mindset, emotions

HOME: safe, comfortable, pleasing

RELATIONSHIPS: self, friends, partner, work, boss, parents, family

PERSONAL DEVELOPMENT: spirituality, personal growth, meditation, self-care

CATEGORY	NOW	SIX MONTHS	BLOCKS
PHYSICAL HEALTH	<ul style="list-style-type: none"> · Need more exercise · Joint pain · Tired · Not great stamina 	<ul style="list-style-type: none"> · Exercise 3x a week · I have energy · I feel strong · My clothes fit better 	<ul style="list-style-type: none"> · Not sure where to start · Don't have the time · Unmotivated · Affordability
RECREATION	<ul style="list-style-type: none"> · Not much fun in my life · Too much work · Spouse doesn't value play · Lots of responsibilities 	<ul style="list-style-type: none"> · I'm doing things I love · Balance between work and play · Spouse participates in fun activities 	<ul style="list-style-type: none"> · I don't want to try things on my own · I feel guilty going out for play/fun
FINANCES	<ul style="list-style-type: none"> · No savings · Earn 60k · Can't afford a house 	<ul style="list-style-type: none"> · I'm saving money every month · Earn 65k · Plan in place to buy a home 	<ul style="list-style-type: none"> · I don't know how to invest · Never learned to save and plan · Not sure how to buy a home
CAREER	<ul style="list-style-type: none"> · Stagnant job · No growth opportunities · I'm bored · Want a change 	<ul style="list-style-type: none"> · Inspired job · Making a difference · I'm appreciated · Options for growth 	<ul style="list-style-type: none"> · I don't know what I love to do · Am I qualified? · Not sure of my next step

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CATEGORY	NOW	SIX MONTHS	BLOCKS
MENTAL HEALTH	<ul style="list-style-type: none"> · Feeling sad · Unmotivated · Lonely 	<ul style="list-style-type: none"> · Full of energy · Understand my feelings · Talking to a counselor 	<ul style="list-style-type: none"> · Not sure how to feel happier · Staying home is easier than being social · Unsure of how to find help
HOME	<ul style="list-style-type: none"> · Unfinished · Cluttered · Doesn't feel peaceful 	<ul style="list-style-type: none"> · Beauty · Decluttered and organized · Feels like my sanctuary 	<ul style="list-style-type: none"> · I don't have time · Don't have the budget · Don't know where to start
RELATIONSHIPS	<ul style="list-style-type: none"> · Drifting away from my friend group · Feels like a one-sided relationship · Interests have changed 	<ul style="list-style-type: none"> · Hanging out with people that make me feel good · Connected · Shared interests 	<ul style="list-style-type: none"> · Confused about what happened to my current friend group · Not sure how to find new friends · FOMO
PERSONAL DEVELOPMENT	<ul style="list-style-type: none"> · Not taking self-care time · Wishing for more in my life · Missing community 	<ul style="list-style-type: none"> · Enjoy meditating · Have a spiritual practice · Found a spiritual home 	<ul style="list-style-type: none"> · Not sure where to begin · Difficulty meditating · Putting others first