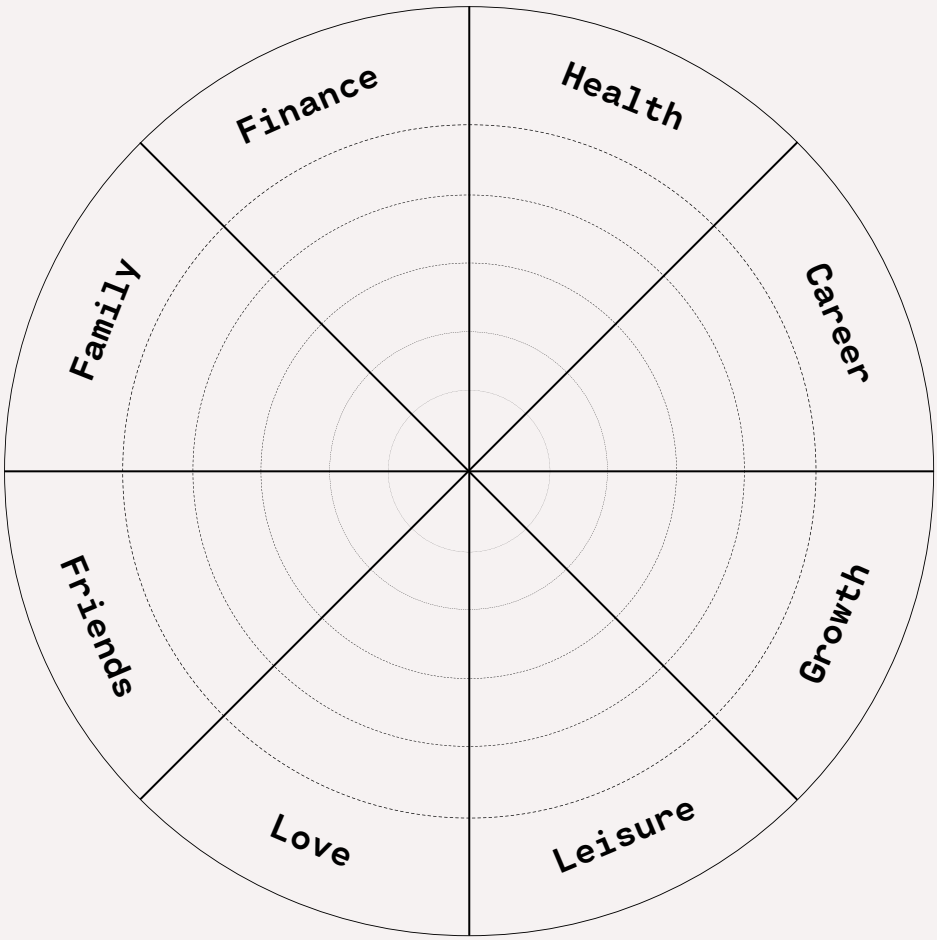
Wheel of Life

ASSESS YOUR LIFE PART 1

Assess your level of fulfillment for each of these areas on a scale from 1 to 10 and shade the wheel accordingly.



Life in Review

↘ ASSESS YOUR LIFE PART 2

For a deeper analysis, write down a short statement for each of the areas in part 1. How fulfilled and satisfied do you feel about each of them.

Family

Health

Career

.....

Life in Review

ASSESS YOUR LIFE PART 2

For a deeper analysis, write down a short statement for each of the areas in part 1. How fulfilled and satisfied do you feel about each of them.

Finance

Friends

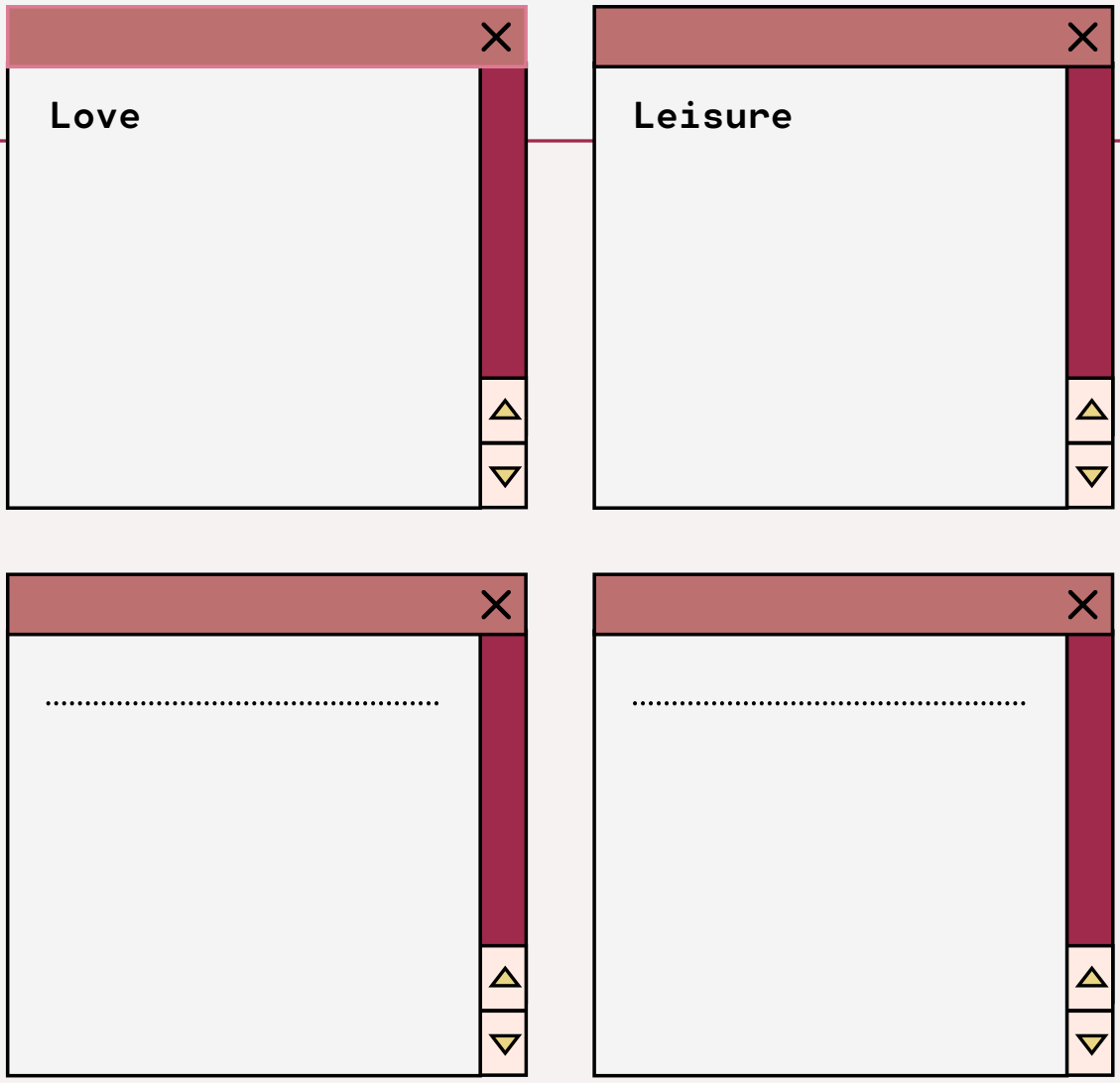
Growth

.....

Life in Review

ASSESS YOUR LIFE PART 2

For a deeper analysis, write down a short statement for each of the areas in part 1. How fulfilled and satisfied do you feel about each of them.



Reach The Goal

↘ ASSESS YOUR LIFE PART 3

Choose two areas you'd like to work on over the next few months. Write down a SMART goal for each. List any actions you need to achieve your goals.

Goal	Action Steps
.....	☐ ☐ ☐ ☐ ☐

Goal	Action Steps
.....	☐ ☐ ☐ ☐ ☐

My Notes

NOTES AND THOUGHTS

Achievements

REMINDERS