

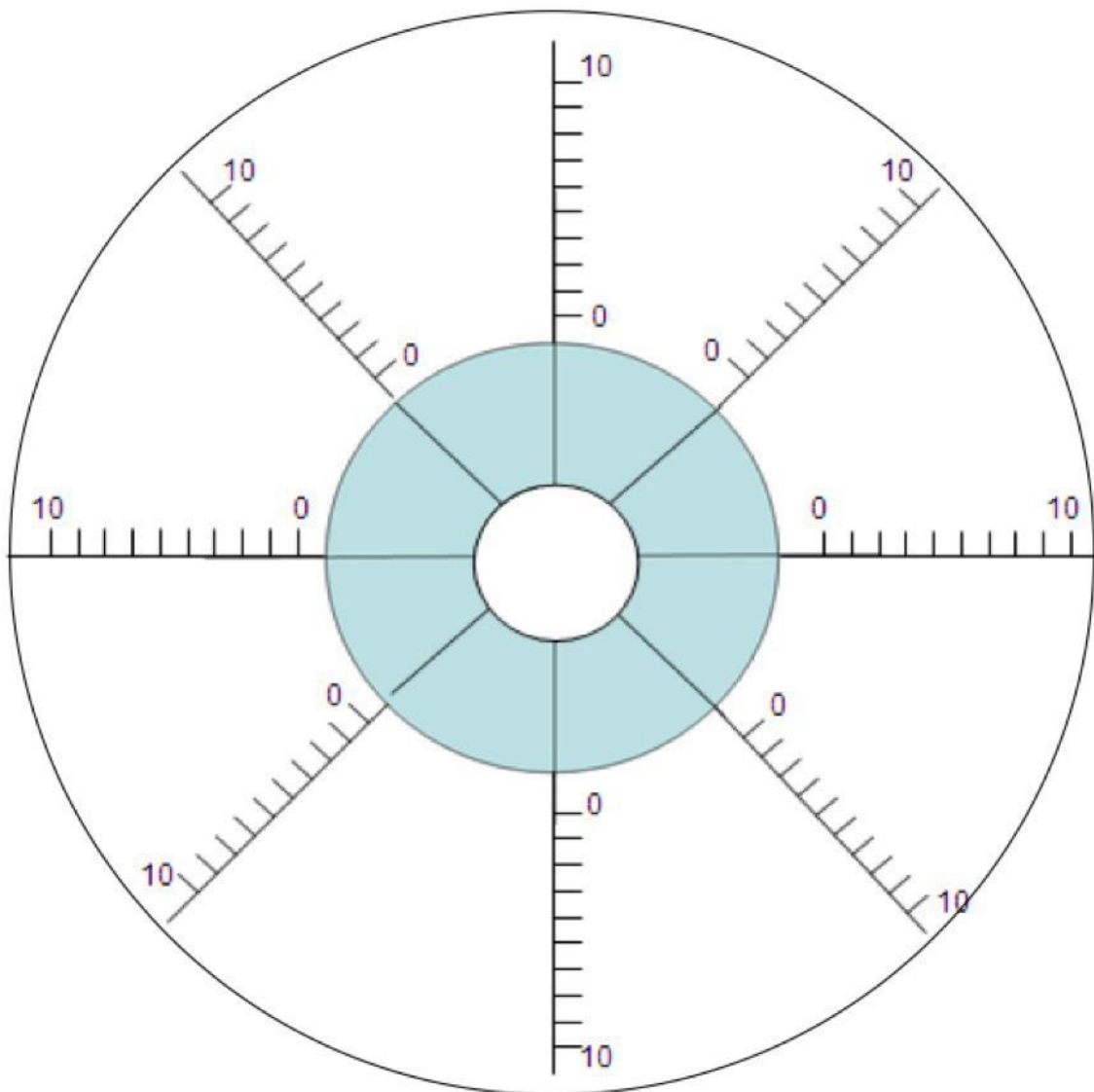


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Your Wheel of Life

Firstly, have a look at the suggested categories below and select which eight you'd like to include in your wheel of life – then write them on your wheel.

Next, have a look at the questions below and use them as prompts to decide how to rate the areas you've chosen to focus on between 0 and 10, with 10 being the most satisfied and 0 being not at all satisfied. Shade the chosen area in depending on the rating you give it.



Regards,

Coach Carly xx

<p><i>Family/friends/relationships</i></p> <ul style="list-style-type: none"> Are your friends supportive and positive people in your life? Do you see your friends as often as you'd like? Do you have a strong relationship with your family? Do you get enough quality time together? Do your relationships nourish you? Are your family supportive of you? 	<p><i>Career/business/work</i></p> <ul style="list-style-type: none"> Is your career heading in the right direction? Are you enjoying your work? Are you fairly paid for what you do? Are there growth opportunities in your organisation? Do you love what you do or do you dread going to work?
<p><i>Love</i></p> <ul style="list-style-type: none"> Do you feel loved? Are you able to easily give love to others? Do you fear intimacy? Do you find it difficult to trust others? 	<p><i>Finances</i></p> <ul style="list-style-type: none"> Do you bring in enough money to meet your needs? Do you have savings in the bank for any unexpected bills? Are you financially set up for the future? Are you in debt?
<p><i>Home life</i></p> <ul style="list-style-type: none"> Are you happy with where you live? Does it meet all your needs? 	<p><i>Environment</i></p> <ul style="list-style-type: none"> Do you like/dislike the area you're living in? Is it safe? Do you feel a sense of community? Do you like the country you live in or would you rather be somewhere else?
<p><i>Self-esteem/confidence/self-image</i></p> <ul style="list-style-type: none"> Are you happy with who you are as a person? Do you feel comfortable in your body? Are you happy with how you look? Are you confident around other or shy and nervous? 	<p><i>Contribution</i></p> <ul style="list-style-type: none"> Are you happy with your contribution to society as a whole? Do you give to others (time or money)? Do you enjoy giving to others?
<p><i>Personal development/spirituality</i></p> <ul style="list-style-type: none"> How focused are you on your personal growth? Do you spend time each day/week focusing on actives that lead to personal growth? Are you actively seeking to learn more about yourself and the world? Are you committed to clearing the stuff that's holding you back? 	<p><i>Fun/enjoyment/hobbies</i></p> <ul style="list-style-type: none"> Do you get some kind of fun and enjoyment in each day? Do you have hobbies that interest you and you find fun to do? Do you have mutual interests with others that you can share? Are you happy with the level of activity you do at the moment?
<p><i>Health/mental health/wellness/fitness</i></p> <ul style="list-style-type: none"> Are you physically healthy? Are you mentally well? Do you exercise regularly? Do you eat a balanced and nutritious diet? 	<p><i>Travel/adventure</i></p> <ul style="list-style-type: none"> Do you travel when you want to? Do you feel like you have a sense of adventure that you can fulfil?
<p><i>Kids/ Parenting</i></p> <ul style="list-style-type: none"> If you have kids, are you happy with your parenting abilities? Do you get enough quality time with your kids? If you don't have kids, do you want them? If you can't have kids, have you come to accept that and be at peace with it? 	