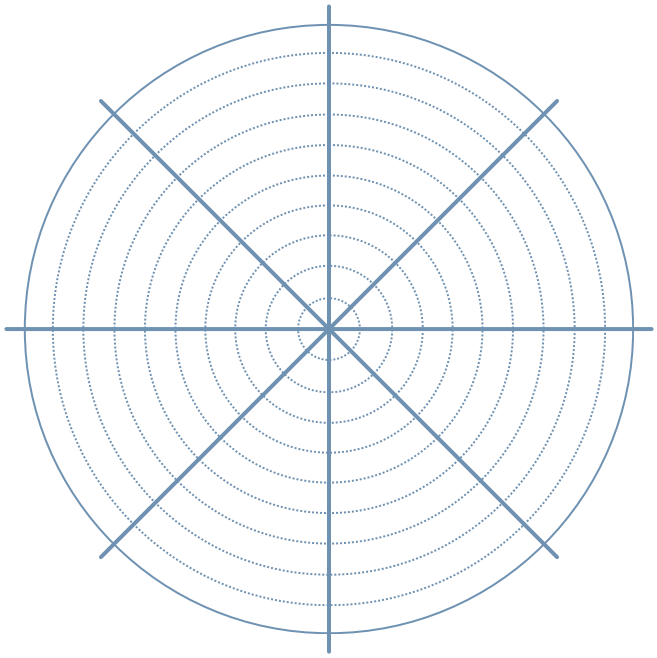


Wheel of Life Workbook.

Gain Clarity, Set Goals, Transform Your Life

Welcome to your journey of self-discovery and growth. The Wheel of Life is a powerful tool for evaluating balance and fulfillment across all areas of your life. This workbook will guide you through each segment, helping you identify strengths, uncover areas for improvement, and set meaningful goals that align with your vision for a balanced, fulfilling life.

Amazing Grace Coaching & Counseling LLC

Contents

“Your life is like a wheel;
to keep it rolling smoothly, every spoke must be strong and in balance. Take charge of each aspect, set your course, and let your journey be guided by your own design.”

Before You

Begin...

Before you begin, it's essential to understand the Wheel of Life and what it represents. The Wheel of Life is a visual tool that helps you assess different areas of your life and identify areas that may need improvement. It typically consists of various life areas, such as health, relationships, career, and more, represented as segments of a circle.

Step 1: Assess Each Area of Your Wheel

Imagine your life as a wheel, with each segment representing an important area of your life, such as health, relationships, career, and personal growth. On a scale from 1 (low) to 10 (high), assess the amount of attention and satisfaction you currently give to each area. Mark your rating on the relevant spoke of the wheel. This step helps you see how balanced your life is right now.

Step 2: Connect the Dots

After rating each life area, connect the marks you've made on the spokes. This will create a visual representation of your current life balance. Take a moment to reflect on the shape your wheel forms. Is it evenly balanced, or are there areas that stand out as needing more attention?

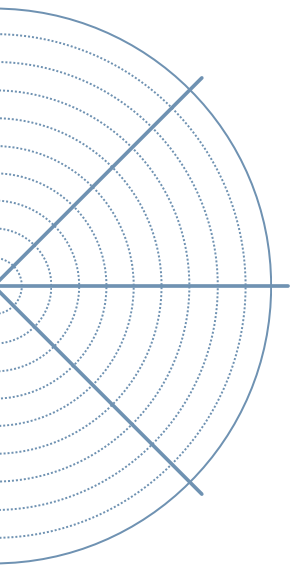
Step 3: Define Your Ideal Scores

Now, envision your ideal life. What would a perfect balance look like for you? Recognize that some areas may naturally require more attention based on your current priorities and values. Aim to set an ideal level of attention for each area, taking into account your unique circumstances and aspirations.

Step 4: Map Your Ideal Balance

Place your ideal scores on the wheel, creating a new picture that represents your desired life balance. Compare this ideal wheel to your current one. Notice where the gaps or disparities lie. These gaps are opportunities for growth and improvement.

Let’s get started ▶



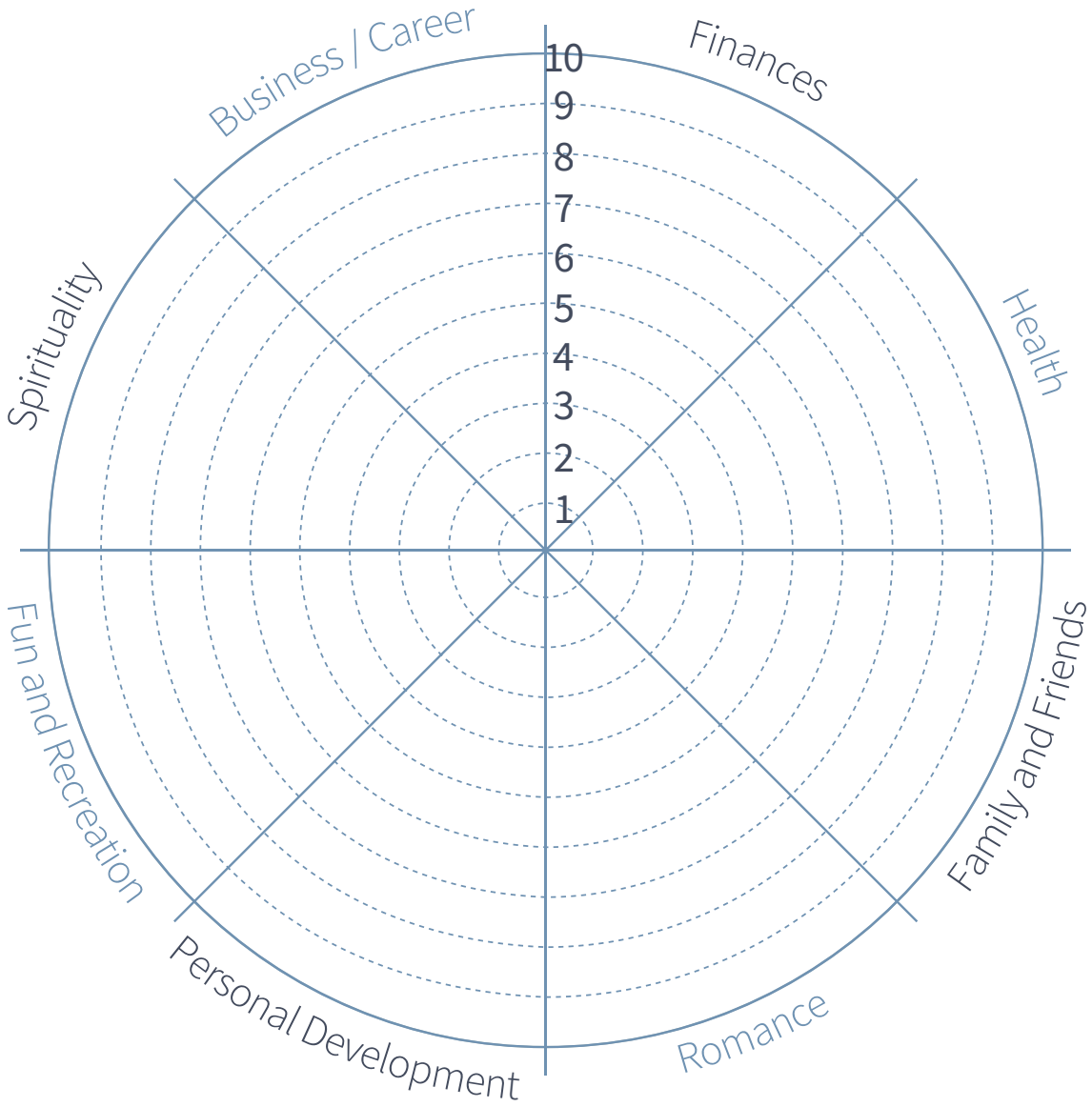
05-08

Wheel of Life

This section introduces you to the Wheel of Life assessment, which is a powerful tool for evaluating various aspects of your life and measuring your current life balance.

Wheel of Life

Review each segment of the wheel and assess your satisfaction level in each area. Use a scale of 1-10 (10 = extremely satisfied). After rating each life area, connect the marks you've made on the spokes. This will create a visual representation of your current life balance.



Now, envision your ideal life. What would a perfect balance look like for you? Place your ideal scores on the wheel, creating a new picture that represents your desired life balance. Compare this ideal wheel to your current one. Notice where the gaps or disparities lie. These gaps are opportunities for growth and improvement.

Reviewing Your Wheel

Reflect on Wheel of Life and take a moment to assess each area of your life. Use the following questions to help you reflect on how you feel about each of these areas.

1.	What do you notice when you look at your completed Wheel of Life?
2.	Which areas of your life appear to be well-balanced and fulfilling?
3.	Are there any life areas that stand out as needing more attention or improvement?
4.	Why do you think certain areas received higher ratings than others?

5. What do your current priorities and values indicate about your ideal life balance?

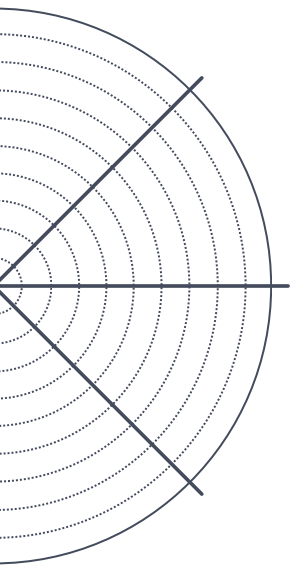
6. Do any particular life areas have a significant impact on your overall well-being?

7. Are there any unexpected insights or realizations that have emerged from completing this assessment?

8. What emotions or feelings arise when you consider your current and ideal life balance?

On a scale of 1-10, How motivated and committed are you to making changes in the areas that need attention? 10 = Very Likely

1	2	3	4	5	6	7	8	9	10



09-25

Digging Deeper

In this extensive section, you'll explore each life area from your Wheel of Life assessment in detail. It includes questions to help you gain profound insights into your priorities and challenges.

Digging Deeper

This page is designed to help you dive into the **finances** aspect of your life. By answering thought-provoking questions, you'll uncover insights, identify priorities, and set the stage for positive growth and change.

Current State:

How do you currently define or experience this life area?

What aspects of this area are going well for you?

Challenges and Concerns:

Are there any specific challenges or concerns you face in this area?

What obstacles or issues hinder your satisfaction in this area?

Desired Outcomes:

What would your ideal state look like in this life area?

How do you envision achieving a higher level of satisfaction and fulfillment here?

As you work through this section, remember that there are no right or wrong answers - just an honest reflection of your thoughts and feelings. Let's begin this journey of self-discovery, one life area at a time. Your path to greater balance and fulfillment starts here.

Prioritization:

How important is this area to your overall well-being and happiness?	How does this area align with your current priorities and values?

Immediate Actions:

What immediate actions or changes can you implement to improve your satisfaction in this area?	Are there any small steps you can take right away?

Potential Goals: (Use the below to write down some potential goals that you may wish to target)

1.	
2.	
3.	
4.	
5.	

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan."

Digging Deeper

This page is designed to help you dive into the **health** aspect of your life. By answering thought-provoking questions, you'll uncover insights, identify priorities, and set the stage for positive growth and change.

Current State:

How do you currently define or experience this life area?

What aspects of this area are going well for you?

Challenges and Concerns:

Are there any specific challenges or concerns you face in this area?

What obstacles or issues hinder your satisfaction in this area?

Desired Outcomes:

What would your ideal state look like in this life area?

How do you envision achieving a higher level of satisfaction and fulfillment here?

As you work through this section, remember that there are no right or wrong answers - just an honest reflection of your thoughts and feelings. Let's begin this journey of self-discovery, one life area at a time. Your path to greater balance and fulfillment starts here.

Prioritization:

How important is this area to your overall well-being and happiness?	How does this area align with your current priorities and values?

Immediate Actions:

What immediate actions or changes can you implement to improve your satisfaction in this area?	Are there any small steps you can take right away?

Potential Goals: (Use the below to write down some potential goals that you may wish to target)

1.	
2.	
3.	
4.	
5.	

"Your goals are the roadmaps that guide you and show you what is possible for your life."

Digging Deeper

This page is designed to help you dive into the **family & friends** aspect of your life. By answering thought-provoking questions, you'll uncover insights, identify priorities, and set the stage for positive growth and change.

Current State:

How do you currently define or experience this life area?	What aspects of this area are going well for you?

Challenges and Concerns:

Are there any specific challenges or concerns you face in this area?	What obstacles or issues hinder your satisfaction in this area?

Desired Outcomes:

What would your ideal state look like in this life area?	How do you envision achieving a higher level of satisfaction and fulfillment here?

As you work through this section, remember that there are no right or wrong answers - just an honest reflection of your thoughts and feelings. Let's begin this journey of self-discovery, one life area at a time. Your path to greater balance and fulfillment starts here.

Prioritization:

How important is this area to your overall well-being and happiness?	How does this area align with your current priorities and values?

Immediate Actions:

What immediate actions or changes can you implement to improve your satisfaction in this area?	Are there any small steps you can take right away?

Potential Goals: (Use the below to write down some potential goals that you may wish to target)

1.	
2.	
3.	
4.	
5.	

“Success is not final, failure is not fatal: It is the courage to continue that counts."

Digging Deeper

This page is designed to help you dive into the **romance** aspect of your life. By answering thought-provoking questions, you'll uncover insights, identify priorities, and set the stage for positive growth and change.

Current State:

How do you currently define or experience this life area?

What aspects of this area are going well for you?

Challenges and Concerns:

Are there any specific challenges or concerns you face in this area?

What obstacles or issues hinder your satisfaction in this area?

Desired Outcomes:

What would your ideal state look like in this life area?

How do you envision achieving a higher level of satisfaction and fulfillment here?

As you work through this section, remember that there are no right or wrong answers - just an honest reflection of your thoughts and feelings. Let's begin this journey of self-discovery, one life area at a time. Your path to greater balance and fulfillment starts here.

Prioritization:

How important is this area to your overall well-being and happiness?	How does this area align with your current priorities and values?

Immediate Actions:

What immediate actions or changes can you implement to improve your satisfaction in this area?	Are there any small steps you can take right away?

Potential Goals: (Use the below to write down some potential goals that you may wish to target)

1.	
2.	
3.	
4.	
5.	

"A dream becomes a goal when action is taken toward its achievement."

Digging Deeper

This page is designed to help you dive into the **personal development** aspect of your life. By answering thought-provoking questions, you'll uncover insights, identify priorities, and set the stage for positive growth and change.

Current State:

How do you currently define or experience this life area?

What aspects of this area are going well for you?

Challenges and Concerns:

Are there any specific challenges or concerns you face in this area?

What obstacles or issues hinder your satisfaction in this area?

Desired Outcomes:

What would your ideal state look like in this life area?

How do you envision achieving a higher level of satisfaction and fulfillment here?

As you work through this section, remember that there are no right or wrong answers - just an honest reflection of your thoughts and feelings. Let's begin this journey of self-discovery, one life area at a time. Your path to greater balance and fulfillment starts here.

Prioritization:

How important is this area to your overall well-being and happiness?	How does this area align with your current priorities and values?

Immediate Actions:

What immediate actions or changes can you implement to improve your satisfaction in this area?	Are there any small steps you can take right away?

Potential Goals: (Use the below to write down some potential goals that you may wish to target)

1.	
2.	
3.	
4.	
5.	

"The only limit to our realization of tomorrow will be our doubts of today."

Digging Deeper

This page is designed to help you dive into the **fun & recreation** aspect of your life. By answering thought-provoking questions, you'll uncover insights, identify priorities, and set the stage for positive growth and change.

Current State:

How do you currently define or experience this life area?

What aspects of this area are going well for you?

Challenges and Concerns:

Are there any specific challenges or concerns you face in this area?

What obstacles or issues hinder your satisfaction in this area?

Desired Outcomes:

What would your ideal state look like in this life area?

How do you envision achieving a higher level of satisfaction and fulfillment here?

As you work through this section, remember that there are no right or wrong answers - just an honest reflection of your thoughts and feelings. Let's begin this journey of self-discovery, one life area at a time. Your path to greater balance and fulfillment starts here.

Prioritization:

How important is this area to your overall well-being and happiness?	How does this area align with your current priorities and values?

Immediate Actions:

What immediate actions or changes can you implement to improve your satisfaction in this area?	Are there any small steps you can take right away?

Potential Goals: (Use the below to write down some potential goals that you may wish to target)

1.	
2.	
3.	
4.	
5.	

"You are never too old to set another goal or to dream a new dream."

Digging Deeper

This page is designed to help you dive into the **Spirituality** aspect of your life. By answering thought-provoking questions, you'll uncover insights, identify priorities, and set the stage for positive growth and change.

Current State:

How do you currently define or experience this life area?

What aspects of this area are going well for you?

Challenges and Concerns:

Are there any specific challenges or concerns you face in this area?

What obstacles or issues hinder your satisfaction in this area?

Desired Outcomes:

What would your ideal state look like in this life area?

How do you envision achieving a higher level of satisfaction and fulfillment here?

As you work through this section, remember that there are no right or wrong answers - just an honest reflection of your thoughts and feelings. Let's begin this journey of self-discovery, one life area at a time. Your path to greater balance and fulfillment starts here.

Prioritization:

How important is this area to your overall well-being and happiness?	How does this area align with your current priorities and values?

Immediate Actions:

What immediate actions or changes can you implement to improve your satisfaction in this area?	Are there any small steps you can take right away?

Potential Goals: (Use the below to write down some potential goals that you may wish to target)

1.	
2.	
3.	
4.	
5.	

“Don't watch the clock; do what it does.
Keep going."

Digging Deeper

This page is designed to help you dive into the **business / career** aspect of your life. By answering thought-provoking questions, you'll uncover insights, identify priorities, and set the stage for positive growth and change.

Current State:

How do you currently define or experience this life area?

What aspects of this area are going well for you?

Challenges and Concerns:

Are there any specific challenges or concerns you face in this area?

What obstacles or issues hinder your satisfaction in this area?

Desired Outcomes:

What would your ideal state look like in this life area?

How do you envision achieving a higher level of satisfaction and fulfillment here?

As you work through this section, remember that there are no right or wrong answers - just an honest reflection of your thoughts and feelings. Let's begin this journey of self-discovery, one life area at a time. Your path to greater balance and fulfillment starts here.

Prioritization:

How important is this area to your overall well-being and happiness?	How does this area align with your current priorities and values?

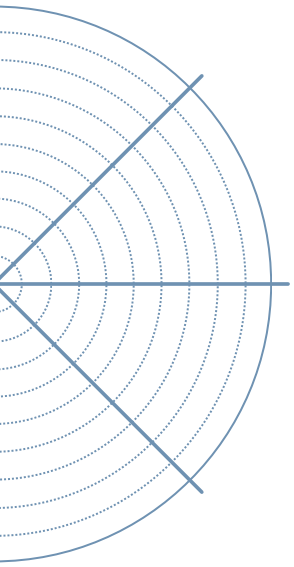
Immediate Actions:

What immediate actions or changes can you implement to improve your satisfaction in this area?	Are there any small steps you can take right away?

Potential Goals: (Use the below to write down some potential goals that you may wish to target)

1.	
2.	
3.	
4.	
5.	

**"Goals may give focus,
but dreams give power."**



26-34

Goal Setting

Learn the art of setting SMART goals to turn your aspirations into actionable objectives. This section guides you through creating specific, measurable, achievable, relevant, and time-bound goals.

Goal Setting

Take time to review all potential goals that you have noted down over the previous pages, and use the below to rank your top 5 goals that you would like to tackle.

My Goal	Wheel of Life Segment
01	
02	
03	
04	
05	

Prioritizing your goals is a critical step in achieving a more balanced life. Let's get started on defining your priorities and setting the stage for meaningful growth and accomplishment.

SMART Goal

Setting

Setting goals is a powerful way to turn your dreams and aspirations into actionable plans. However, not all goals are created equal. SMART goals are a framework designed to ensure that your objectives are Specific, Measurable, Achievable, Relevant, and Time-bound. Let's break down what each element of SMART represents:

S
Specific

A specific goal is clear and well-defined. It answers the questions: What exactly do you want to achieve? Why is it important? How will you accomplish it? A specific goal leaves no room for ambiguity.

Example of a non-specific goal: "I want to be more productive."

Example of a specific goal: ""I want to set aside one hour every morning to focus on my top priorities and complete tasks more efficiently."

M
Measurable

A measurable goal includes criteria to track your progress and determine when you've achieved it. It answers questions like: How will you measure success? What are the specific metrics or indicators?

Example of a non-measurable goal: "I want to manage my time better."

Example of a measurable goal: "I will dedicate 30 minutes every evening to plan and prioritize my tasks for the next day."

A
Achievable

An achievable goal is realistic and attainable within your current circumstances and resources. It considers whether the goal is possible for you to reach, given your time, skills, and constraints.

Example of an unachievable goal: "I want to start a successful business by next month with no experience."

Example of an achievable goal: "I will complete an online business course and create a business plan over the next three months to prepare for launching my business."

R

Relevant

A relevant goal aligns with your overall wellness journey and personal values. It should be meaningful and significant to you, and contribute to your well-being.

Example of a non-specific goal: "I want to take up painting, even though it doesn't support my career growth goals."

Example of a specific goal: "I will attend monthly networking events to build connections and advance in my career."

T

Time-bound

A time-bound goal has a specific timeframe or deadline. It answers the question: When will you achieve this goal? Setting a deadline creates a sense of urgency and motivation.

Example of a non-measurable goal: "I want to improve my public speaking skills someday."

Example of a measurable goal: "I will join a public speaking group and practice presenting once a week to build confidence and skill over the next six months."

Putting It All Together

Using the SMART framework, you can turn broad aspirations into clear, actionable goals. Here's an example of a SMART goal:

SMART Goal: "I will spend 15 minutes each morning reviewing my top three priorities for the day (Specific and Measurable) to improve my focus and productivity. This goal fits within my current morning routine (Achievable) and aligns with my aim to manage my time more effectively (Relevant). I will start this routine next Monday and commit to it for the next two months (Time-bound)."

By applying SMART criteria to your goals, you create a clear path to success. Well-defined goals like these increase your chances of achieving them by providing focus, direction, and motivation.

In the next section, we'll provide you with an exercise in order for you to be able to take your top 5 goals and turn them into SMART goals for yourself.

SMART Goal

Number 1.

S Specific	What is your specific goal?	
M Measureable	How will you measure your progress towards this goal?	
A Achievable	Is this goal achievable given your current resources and constraints?	
R Relevant	How does this goal align with your overall values, priorities, & aspirations?	
T Time-Bound	When do you want to achieve this goal by?	
Write down your final **SMART** goal here:		

SMART Goal

Number 2.

S Specific	What is your specific goal?	
M Measureable	How will you measure your progress towards this goal?	
A Achievable	Is this goal achievable given your current resources and constraints?	
R Relevant	How does this goal align with your overall values, priorities, & aspirations?	
T Time-Bound	When do you want to achieve this goal by?	
Write down your final **SMART** goal here:		

SMART Goal

Number 3.

S Specific	What is your specific goal?	
M Measureable	How will you measure your progress towards this goal?	
A Achievable	Is this goal achievable given your current resources and constraints?	
R Relevant	How does this goal align with your overall values, priorities, & aspirations?	
T Time-Bound	When do you want to achieve this goal by?	
Write down your final **SMART** goal here:		

SMART Goal

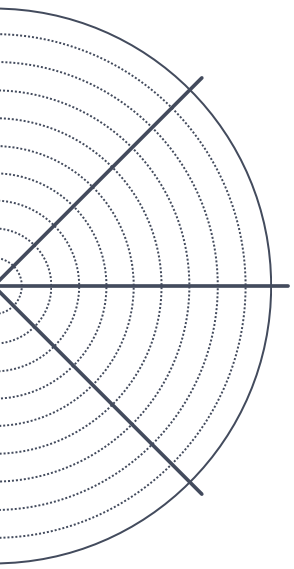
Number 4.

S Specific	What is your specific goal?	
M Measureable	How will you measure your progress towards this goal?	
A Achievable	Is this goal achievable given your current resources and constraints?	
R Relevant	How does this goal align with your overall values, priorities, & aspirations?	
T Time-Bound	When do you want to achieve this goal by?	
Write down your final **SMART** goal here:		

SMART Goal

Number 5.

S Specific	What is your specific goal?	
M Measureable	How will you measure your progress towards this goal?	
A Achievable	Is this goal achievable given your current resources and constraints?	
R Relevant	How does this goal align with your overall values, priorities, & aspirations?	
T Time-Bound	When do you want to achieve this goal by?	
Write down your final **SMART** goal here:		



35-37

Goal Actions

Once you've set your SMART goals, this section provides guidance on breaking them down into actionable steps. It's a crucial part of turning your goals into reality.

My Goal

Actions

SMART Goals require clear plans of action to be successfully achieved. Often, a SMART goal includes a series of smaller, specific goals that serve as the necessary steps toward reaching the overall objective. These mini goals create a structured path, breaking down the larger goal into manageable actions that bring you closer to success.

Think about your SMART goals, and in each section below, state your main goal. Then, outline the mini goals you'll need to accomplish in order to reach your primary objective.

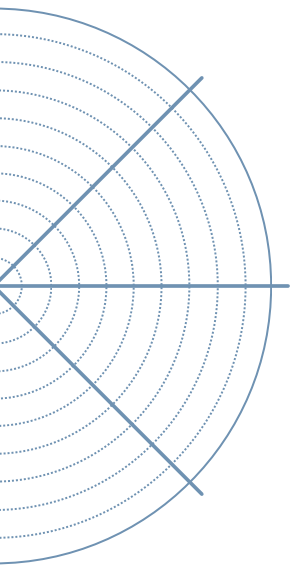
Goal #1:	Goal Action Steps:
	1.
	2.
	3.
	4.
	5.

Goal #2:	Goal Action Steps:
	1.
	2.
	3.
	4.
	5.

Goal #3:	Goal Action Steps:
	1.
	2.
	3.
	4.
	5.

Goal #4:	Goal Action Steps:
	1.
	2.
	3.
	4.
	5.

Goal #5:	Goal Action Steps:
	1.
	2.
	3.
	4.
	5.



38-41

Progress Tracking

Tracking your goal progress is a fundamental step when it comes to staying on course. Here, you'll find tools and methods to monitor your journey and celebrate your achievements.

Tracking

Progress

Setting goals is an essential step towards achieving your dreams and aspirations, but the journey doesn't end with goal setting. To turn your objectives into reality, tracking your progress is just as crucial. Tracking keeps you accountable, motivated, and aware of your path toward success.

Accountability: Staying on Course

Imagine your life as a wheel, with each segment representing an important area of your life, such as health, relationships, career, and personal growth. On a scale from 1 (low) to 10 (high), assess the amount of attention and satisfaction you currently give to each area. Mark your rating on the relevant spoke of the wheel. This step helps you see how balanced your life is right now.

Motivation: Celebrating Milestones

Tracking your progress provides an opportunity to celebrate your achievements along the way. As you see your efforts paying off and milestones being reached, it boosts your motivation and confidence. These small victories serve as positive reinforcement, driving you to continue making progress.

Awareness: Adapt and Adjust

Progress tracking also keeps you aware of what's working and what isn't. It allows you to adapt and adjust your strategies as needed. When you encounter obstacles or setbacks, you can identify them early and take corrective action. Awareness of your progress empowers you to make informed decisions and refine your approach to ensure success.

Maintaining Focus: Overcoming Plateaus

Goals often involve sustained effort over time. During the journey, it's common to experience plateaus or periods of slower progress. Tracking your progress helps you recognize these phases and find ways to push through them. By maintaining focus and consistently making progress, you can overcome plateaus and continue moving forward.

Conclusion

Tracking your goal progress is the compass that keeps you headed in the right direction. It transforms abstract aspirations into concrete achievements. By maintaining accountability, celebrating milestones, staying aware, and adapting as needed, you're not just setting goals - you're achieving them. So, as you work toward your top 5 goals, remember that tracking your progress is your secret weapon for success.

My Goal

Progress

Setting goals is an essential step towards achieving your dreams and aspirations, but the journey doesn't end with goal setting. To turn your objectives into reality, tracking your progress is just as crucial. Tracking keeps you accountable, motivated, and aware of your path toward success.

My Goal:	

What steps do you still need to implement?	Deadline:
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Which of your strengths have helped you so far?	Which of your weaknesses have hindered your progress?

How do you feel about your progress with this goal so far?

My Goal

Progress

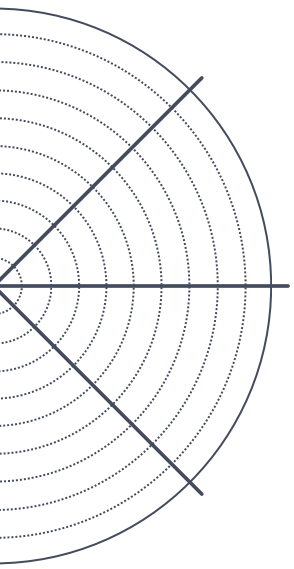
My Goal:										
Start Date:					Target Date:					
Overall Progress:	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

My Goal:										
Start Date:					Target Date:					
Overall Progress:	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

My Goal:										
Start Date:					Target Date:					
Overall Progress:	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

My Goal:										
Start Date:					Target Date:					
Overall Progress:	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

My Goal:										
Start Date:					Target Date:					
Overall Progress:	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%



42-45

Reflect and Reassess

The final section encourages reflection and self-assessment. You'll celebrate your successes, learn from challenges, reassess your goals, and plan the next steps in your journey toward balance and fulfillment.

Reflect and

Reassess

Reflecting on your journey is an essential part of personal growth and self-improvement. It's an opportunity to celebrate your successes, learn from your experiences, reassess your priorities and fine-tune your goals and actions, ensuring that they continue to align with your evolving needs and aspirations.

Self-Assessment

- **Celebrating Achievements:** Be sure to take some time to acknowledge and celebrate your accomplishments. What goals have you successfully achieved? What progress have you made in various life areas?
- **Learning from Challenges:** Reflect on the challenges and setbacks you encountered. What lessons have you learned from these experiences? How did they contribute to your growth?
- **Goal Relevance:** Review your SMART goals. Are they still relevant to your life? Have your priorities or values shifted? Do any goals need to be adjusted or replaced?

Life Assessment

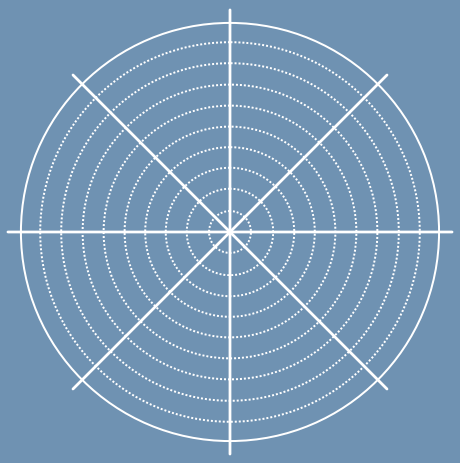
- **Wheel of Life Reassessment:** When you are ready to do so, go ahead and complete another Wheel of Life assessment in order to evaluate your life balance after your goal journey is completed. Have any of your life areas improved significantly since the completion of your goals? Are there new areas that require attention?
- **Strengths and Weaknesses:** Identify your strengths and areas where you excel. How can you leverage these strengths going forward in order to achieve your goals? Have you identified if there any weaknesses that need addressing?

Planning Ahead

- **Setting New Goals:** Based on your reflections, reassess your goals. Are there new aspirations you'd like to pursue? Create new SMART goals or adjust existing ones to reflect your current path.
- **Action Planning:** Develop a new action plan for your updated goals. What specific steps will you take to move forward? What resources or support will you need?
- **Tracking and Accountability:** Reestablish tracking mechanisms to ensure you stay on course. How will you monitor your progress moving forward? Will you engage an accountability partner?

Conclusion

Your journey towards balance and fulfillment is ongoing. By reflecting and reassessing, you're actively participating in your personal growth and well-being. As you move forward with renewed clarity and determination, remember that each step you take brings you closer to the life you aspire to lead. Your commitment to self-improvement is your compass for the continued pursuit of a more balanced and fulfilling life.



Well Done on Completing Your Wheel of Life Workbook!

You've taken an important step in exploring your life balance and setting goals to improve key areas. Remember, life balance is a journey, and each small step counts toward a happier, more fulfilling life.

Thank you for choosing the Wheel of Life workbook. Here's to creating the life you want, one step at a time!

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