



WHEEL OF LIFE

*Reconnect with
yourself*

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01

LOOK OUTSIDE, AND YOU
WILL SEE YOURSELF. LOOK
INSIDE, AND YOU WILL
FIND YOURSELF.
- DREW GERALD

Everyday life is often busy and it is easy to drift off balance and focus the majority of your energy on a special project or aspiration, neglecting other important areas of your life.

Take your first step towards holistic lifestyle - a lifestyle that nourishes you as a whole, by getting a bird's eye view of your life.

This exercise will help you identifying what parts of your life you might have ignored or neglected as well as establishing focus areas for future development and goal setting.

02

The wheel represents the whole of you - the parts of your life that, combined, manifest the holistic lifestyle you are striving to achieve.

Choose the spheres of life that are important to you: Body, Health, Relationships, Family, Friends, Career, Business, Finance, Social life, Community, Self-development, Fun, Recreation, Physical environment, self-realisation (you might combine the spheres, if it makes sense for you).

Assess the parts of yourself and note down how connected you feel to each of the spheres on the scale from 1% to 100%.



03



04

Personal growth

Is my life fulfilled?
Am I learning new things
and experiences?
Do I enjoy new
opportunities? Do I
practice self-
awareness? Am I taking
care of myself?

Career/Business

Is my job/business
rewarding? Does it
leave me fulfilled at the
end of the day?
Does it move me closer
to my vision?
Do I look forward to it
every morning?

Family & Friends

Do I have/want a close
circle of friends?
Do I feel emotionally
connected to my friends
and family?
Do I nurture these
relationships?

Health & Body

Am I fit and healthy?

Am I happy with my
health and body?

Do I eat healthy?

Do I treat food as
nutrition?

Do I exercise regularly?

Physical environment

Am I comfortable in the
place I live?

Am I recharging my
energies when I am
home?

Fun & recreation

Do I enjoy my life?

Do I know how to relax?

Am I spending enough
time having fun?

Do I have hobbies?

Do I practice my
hobbies?

Finance

Do I earn enough through my job/
business?

Do I know how much money is
enough for me?

Am I spending less than I earn?

Am I happy with how I spend my
money? Am I spending in a healthy
and sustainable way?

Do I have a budget?

Am I on a path to financial freedom?

Relationships

Am I emotionally fulfilled?

Do I feel connected with my partner?

Am I nurturing my relationship?

Am I giving my relationship the
attention it needs?

Am I receiving the nurture and
attention I need from my
relationship?

Do I see my relationship as long term?

05

Choose 2-3 life spheres that require immediate attention. This is your focus areas you commit to work on for the next 3-6 months

1. _____

2. _____

3. _____

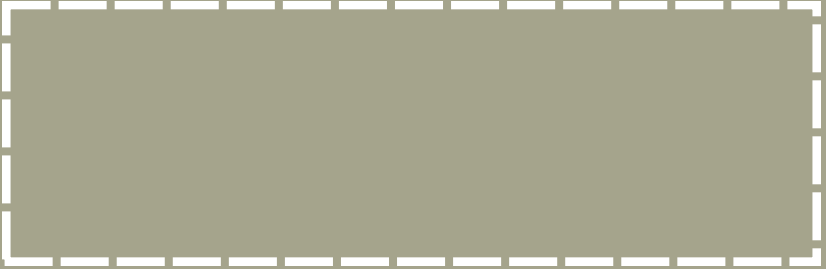
Define the most impactful focus area - the one which, once improved, will cause the improvement in other areas without any additional effort

A large, empty rectangular box with a dashed border, intended for the user to define the most impactful focus area.

Things I want to do first to regain
the balance



Things I want to stop doing to
regain the balance



Should you have further
questions, please don't
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