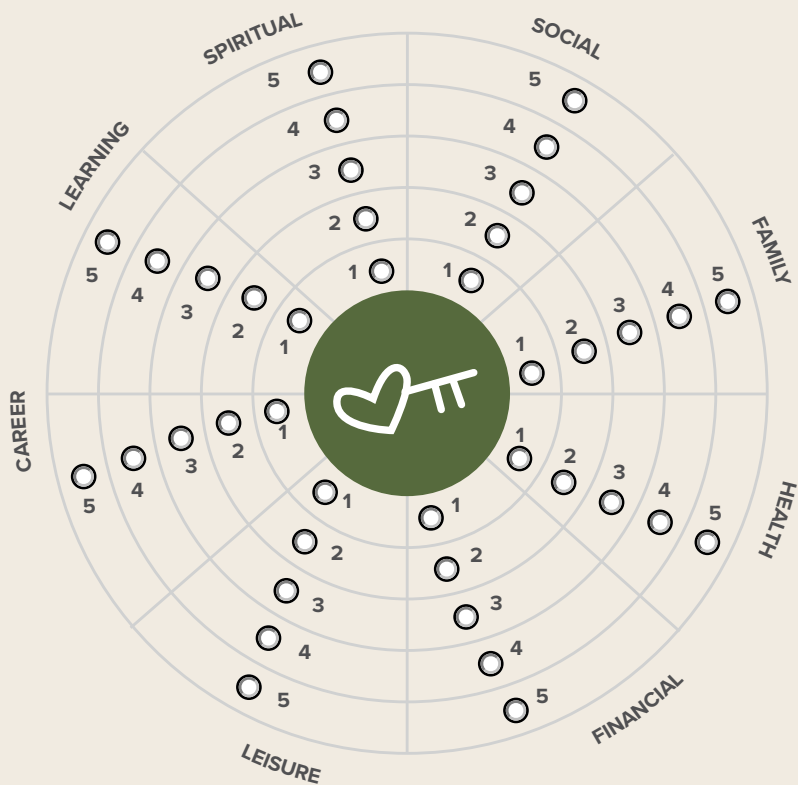


Life Wheel

- The 8 domains of your life are: career, financial, family, social, intellectual, spiritual, physical (health), and leisure.
- On page 2, circle a number which indicates how important that domain of life is for you. Assign a number from 1 to 5, where 5 = most important and where 1 = least important.
 - Multiple domains can have the same number (e.g. career and social can both have a “5” or a “1”)
 - The total of all the numbers in the 8 domains may not exceed 25
 - **Note:** The number is based on what you WANT, rather than what may be the current state for how you allocate your energy now.
- Then, force rank the 8 domains from 1 (most important) to 8 (least important). Note: This ranking may change over the course of your life. These are not static but reflective of where you are currently in your life.



Rank the 8 categories in order of importance:

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

Reflection:

What 3 things must you do more of as a result?
Less of?

- Reflect on the three things that you must do more of and three things you must do less of in your life as a result of your stated priorities.
- **Note:** If you have a significant other, this could be a beneficial joint exercise

Life Vision



For each of the 8 domains, reflect on your intention by responding to the prompts in gray. This reflection is the manifestation of your intent for that domain. Example intention include:

- **Financial:** \$2 million in savings by the time I am 40 years old
- **Career:** Make a positive impact to the way doctors communicate with patients
- **Family:** Eat dinner together as a family on most nights of the week

THEME	INTENT / VISION
CAREER	What impact will you have? / What greater purpose will you serve?
FAMILY	How will you meet the “real” needs of your family?
FINANCIAL	How much will make you feel secure?
HEALTH	What does it mean to be healthy?
LEARNING	What do you want to be the expert/master at?
LEISURE	What does it mean to enjoy life?
SPIRITUAL	How do you connect to a higher power?
SOCIAL	How will you spend time with others?