

Life Wheel

(Explanations & Examples)

Focus Area: Level One

Date: March 200X

| | Strength Rating (1-10) |
|----------------------|-------------------------------|
| 1. <u>Family</u> | <u>8</u> |
| 2. <u>Finance</u> | <u>7</u> |
| 3. <u>Career</u> | <u>9</u> |
| 4. <u>Health</u> | <u>4</u> |
| 5. <u>Spiritual</u> | <u>3</u> |
| 6. <u>Recreation</u> | <u>4</u> |
| 7. <u>Mental</u> | <u>5</u> |
| 8. _____ | _____ |
| 9. _____ | _____ |
| 10. _____ | _____ |

These are examples of what your personal life spokes (*life focus areas*) may look like. Each tab in your *Design and Action Planner* would identify a major component of your life. These are not listed in order of any priority. Your own life spokes or focus areas may vary from the examples. You may want to add an additional area if one is unique and large enough to warrant its own section. An example may be a second career or additional vocation.