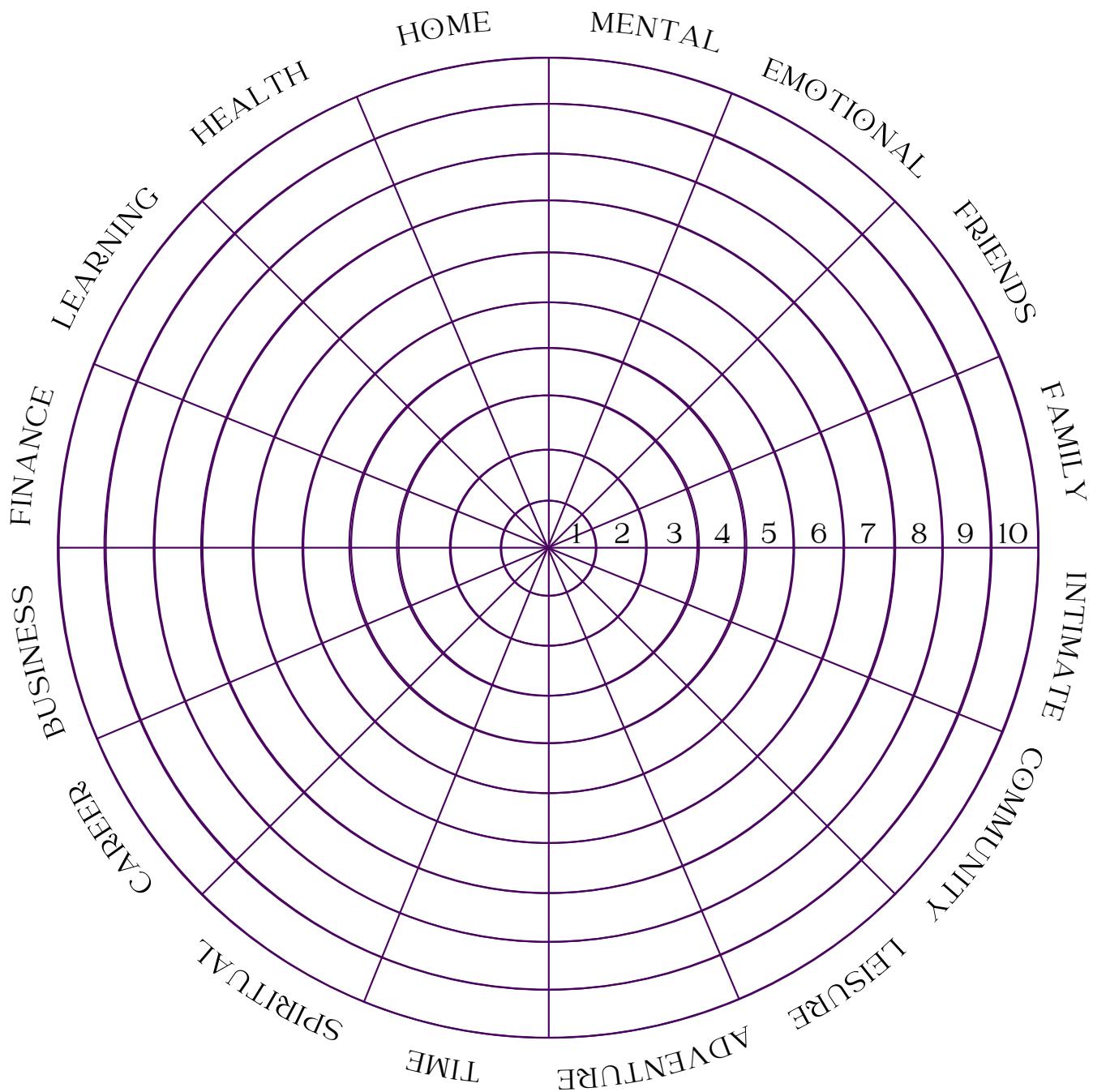


QUALITY OF LIFE

THE WHEEL OF LIFE IS A VALUABLE TOOL FOR IDENTIFYING AREAS IN YOUR LIFE THAT NEED IMPROVEMENT TO ACHIEVE HARMONY AND BALANCE. YOU CAN SELECT 1 TO 3 AREAS TO SET GOALS FOR THE COMING YEAR.



1. REVIEW THE 16 CATEGORIES AND ENVISION WHAT A SATISFYING LIFE LOOKS LIKE FOR YOU IN EACH AREA.
2. ANSWER THE QUESTIONS BELOW TO INDICATE YOUR AGREEMENT WITH EACH STATEMENT.
3. COLOR IN THE CORRESPONDING NUMBER ON THE WHEEL.

Review the statements below and write "Yes," "No," or "Maybe" in the answer section. Count the total "Yes" responses and record that number in the wheel. You can also color the segments if you wish.

HOME

ANSWER

My home represents who I am and who I am becoming.

My physical space supports peace, comfort, and clarity in my daily life.

I am able to find what I need in my home easily and without frustration.

I feel physically and emotionally safe in my home and surrounding neighborhood.

My living environment is generally clean, organized, and free from excess clutter.

My home feels welcoming and inviting to both myself and others.

I have access to resources outside the home and neighborhood that are easily accessible (e.g., grocery stores, hospitals/clinics, restaurants, etc.).

I know my neighbors by name and we get along well.

My home and possessions inspire and add energy to me vs expire and drain my energy.

My physical space is an honest expression of my true self (e.g., colors, furniture, artwork, etc.).

HEALTH

ANSWER

I am able to stay present during the day; I don't lose myself to stress or adrenaline.

I am embracing movement in my life, finding joy in exercise that energizes my body and uplifts my spirit.

I have received medical care and addressed my medical concerns in the past 12 months.

I get the right amount of sleep to wake up alert, refreshed and energized.

My emotions do not control my eating.

I have a regular self-care routine.

I prioritize my health even when life feels busy.

I am committed to hydrating my body daily, recognizing the power of water to refresh, cleanse, and rejuvenate me.

I am nourishing my body with vibrant, wholesome foods that fuel my energy and enhance my well-being.

I surround myself with a supportive community that encourages my health journey, lifting me up and holding me accountable.

Review the statements below and write "Yes," "No," or "Maybe" in the answer section. Count the total "Yes" responses and record that number in the wheel. You can also color the segments if you wish.

MENTAL	ANSWER
I respect and love myself.	
I am aware of my mental triggers and I rarely overreact when they are triggered.	
I know my self-worth (strengths, talents, skills) and I leverage them.	
I honor my mental health by setting healthy boundaries, protecting my energy, and ensuring I have the space to thrive.	
I am proactive in managing stress.	
I prioritize my mental health by engaging in practices that promote peace, clarity, and resilience.	
I engage in a daily gratitude practice, focusing on the blessings in my life.	
I am resilient in the face of stress, utilizing effective strategies that empower me to navigate challenges with grace and confidence.	
I am able to shift my thinking when it becomes unproductive.	
I am open to seeking help and support when needed, understanding that asking for assistance is a sign of strength and wisdom.	
EMOTIONAL	ANSWER
My emotions do not dictate my entire day.	
I am aware of my emotional triggers and I rarely overreact when they are triggered.	
I am in tune with my emotions, recognizing they are a valuable part of my journey.	
I practice self-compassion, treating myself with kindness and understanding, especially during difficult times.	
I engage in positive self-talk, affirming my worth and capabilities, and cultivating a mindset that fosters emotional strength.	
I embrace the power of letting go, releasing negative thoughts and emotions that no longer serve me.	
I honor my emotional health by setting clear boundaries, protecting my energy and creating space for my needs.	
I actively seek joy in everyday moments, allowing happiness to enrich my emotional landscape.	
I notice patterns in my emotional responses.	
I am proud of my emotional resilience, embracing life's challenges as opportunities to grow stronger and wiser.	

Review the statements below and write "Yes," "No," or "Maybe" in the answer section. Count the total "Yes" responses and record that number in the wheel. You can also color the segments if you wish.

FRIENDS

ANSWER

I cherish the quality of my friendships, they are uplifting and bring me joy.

I value open, honest communication with my friends that deepen our trust.

I am grateful for my friends acceptance and understanding, and am able to be my authentic self.

I am surrounded by a supportive network of friends, we uplift, encourage and celebrate each other.

I celebrate the unique qualities and perspectives of my friends, knowing that our differences enrich our friendships.

I am grateful for the emotional support I receive and feel safe to express my thoughts and feelings.

I approach conflicts with maturity, seeking understanding and resolution.

I honor my friends boundaries fostering respect each other's needs and create a healthy dynamic.

I actively create lasting memories, cherishing each adventure and experience we share together.

I practice forgiveness in my friendships, understanding that we all grow and learn from our experiences.

FAMILY

ANSWER

My family embodies unconditional love, providing a safe haven where we can be our true selves.

We are a supportive network, always there for one another through thick and thin.

Our family values open communication, fostering trust and understanding among all members.

We cherish our shared traditions, creating memories that strengthen our family bond.

We celebrate each other's achievements, big or small, with joy and pride.

Our family embraces each member's uniqueness, respecting our differences and individuality.

We prioritize quality time together, enjoying meaningful moments that bring us closer.

We practice forgiveness, understanding that mistakes are part of growth and healing.

We express gratitude for one another regularly, recognizing the blessings of having each other in our lives.

We tackle challenges as a united front, finding solutions through teamwork and collaboration.

Review the statements below and write "Yes," "No," or "Maybe" in the answer section. Count the total "Yes" responses and record that number in the wheel. You can also color the segments if you wish.

INTIMATE

ANSWER

We prioritize open and honest communication, ensuring that both our thoughts and feelings are heard and respected.

We support each other's dreams and aspirations, encouraging growth and personal development.

We create cherished memories through shared experiences, deepening our intimacy and connection.

We express affection and love regularly, nurturing our relationship with warmth and tenderness.

We approach conflicts with understanding and patience and learning from our differences.

We prioritize quality time together, enjoying each other's company and deepening our bond.

We respect each other's boundaries, fostering a safe and comfortable environment for both of us.

We embrace growth together, evolving as individuals while strengthening our partnership.

We express gratitude for one another, acknowledging the love and support we bring to each other.

We infuse our relationship with fun and playfulness, making sure to enjoy the lighter moments and keep our connection vibrant.

COMMUNITY

ANSWER

I am a source of support and encouragement for my community.

I take initiative in community projects, leading by example and inspiring others to get involved.

I feel a sense of belonging in my community.

I connect with others who share similar values and goals, strengthening our collective mission.

I engage in collaborative efforts with community members to address common challenges and achieve shared goals.

I promote respect and inclusion within my community, embracing diversity and valuing each individual's contribution.

I actively share resources and support with others in my community.

I help create opportunities for growth and development empowering others to reach their full potential.

I promote an inclusive environment where everyone feels welcomed, respected, and valued for who they are.

I embrace and celebrate diverse backgrounds and perspectives enriching our shared experiences.

Review the statements below and write "Yes," "No," or "Maybe" in the answer section. Count the total "Yes" responses and record that number in the wheel. You can also color the segments if you wish.

ADVENTURE

ANSWER

I seek experiences that are new or unfamiliar to me.

I intentionally step outside my comfort zone.

I pursue activities that stretch my confidence.

I am open to learning a new hobby, exploring new environments, ideas, or cultures.

I belong to a non-religious social group whose mission and vision are to give back regularly.

I read/play sports/listen to music that have nothing to do with work/education regularly.

I cultivate courage by exploring the unknown with confidence.

I welcome the unexpected and find joy in the discoveries that adventures bring.

I document my adventures and create valuable stories that shape my journey.

I am comfortable with the balance I created between fun and helping others.

LEISURE

ANSWER

I intentionally create time for rest and relaxation.

I engage in activities purely for enjoyment.

I allow myself downtime without feeling guilty.

I use my leisure time to nurture my creativity, embracing artistic pursuits that inspire and fulfill me.

I disconnect from work during leisure time.

I read/play sports/listen to music that have nothing to do with work/education regularly.

I schedule time off regularly without anything planned.

I prioritize leisure time as essential for my well-being, allowing myself to unwind and recharge.

I practice mindfulness during my leisure activities, fully immersing myself in the moment and appreciating the joy they bring.

I use my leisure time to restore balance in my life, ensuring that I make space for both relaxation and rejuvenation amidst my responsibilities.

Review the statements below and write "Yes," "No," or "Maybe" in the answer section. Count the total "Yes" responses and record that number in the wheel. You can also color the segments if you wish.

SPIRITUAL

ANSWER

I am comfortable with the amount of time I spend praying and/or meditating.

I practice servant leadership giving my times and talents to others and/or a religious organization.

I am connected with my innerme.

I am satisfied with my relationship with a God.

I have a spiritual advisor/mentor.

I know how to get aligned with the present moment.

I am committed to a daily practice that centers me (i.e. meditation, yoga, prayer, sports, etc.).

I live with abundance each day (of happiness, health, wealth, love, etc.).

I respect others spiritual beliefs and I don't force my beliefs on others, even though I might disagree.

I feel connected to all human beings, animals, and nature.

LEARNING

ANSWER

I embrace learning as a lifelong journey, recognizing that every experience offers valuable lessons for personal growth.

I seek feedback to improve.

I read often/attend webinars/workshops/seminars to expand my mind and beliefs so I can evolve.

I enjoy trying new experiences and learning new things.

I am comfortable stretching beyond my comfort zone in order to learn and grow.

I take full responsibility for my choices in life. I don't blame others when I make mistakes.

I have no problem asking for exactly what I want from anyone.

I know what my goals are, and I eagerly and effectively making them a reality.

I view challenges as opportunities for learning, approaching difficulties with resilience and a willingness to adapt.

I engage in reflective practice, regularly assessing my learning experiences to identify areas for improvement and celebrate my progress.

Review the statements below and write "Yes," "No," or "Maybe" in the answer section. Count the total "Yes" responses and record that number in the wheel. You can also color the segments if you wish.

FINANCES

ANSWER

I understand money and manage my finances well.

I invest at least 10% of my income/earnings in my ability to increase/expand that income.

When I buy something, I buy the best possible quality.

I can pay my bills monthly on time/without borrowing money or living off of others.

I have passive income, so I am not solely dependent on income/retirement.

I have healthy boundaries on loaning friends and family money.

I am financially set up for future growth in wealth.

I do not lose sleep over my investments.

I do not carry credit card debt. I do not overspend.

I am protected with insurance, an emergency fund, a savings account to cover at least 1 year living expenses and a retirement fund.

TIME

ANSWER

I avoid chronic overcommitment.

I don't put off things longer than a week; I do it, handle it or have it done.

I regularly schedule and enjoy time off.

I delegate when appropriate.

I embrace flexibility in my schedule, allowing room for spontaneity and new opportunities that arise.

I have at least 3 hours a week exclusively for me.

I prioritize quality time with my friends, recognizing that these moments are vital for nurturing our relationships and creating lasting memories.

I do not feel overwhelmed by my work calendar. I take regular breaks from the computer.

I set healthy boundaries around my time, ensuring I create space for self-care and meaningful connections.

I regularly reflect on how I spend my time, celebrating my achievements and identifying areas for improvement.

Review the statements below and write "Yes," "No," or "Maybe" in the answer section. Count the total "Yes" responses and record that number in the wheel. You can also color the segments if you wish.

CAREER/WORK

ANSWER

I work in an environment that are both fulfilling and nourishing to me.

I am on a positive career path that leads to increased opportunities and raises.

I am highly regarded for my expertise by my manager(s), clients and/or colleagues.

I feel fairly compensated.

My work is not my life, but it is a rich part of my life.

My work environment brings out the very best in me because it is stimulating and supportive.

I am satisfied with my current level of income.

The work I do helps meet my intellectual, social and/or emotional needs.

I am doing the /career/work that I always wanted to do.

I have the balance I desire between my free time and my career/work.

BUSINESS

ANSWER

I set clear objectives and develop actionable steps to achieve my business goals.

My business is driven by a clear vision and purpose, guiding our goals and decisions.

I prioritize customer satisfaction in all operations.

I embrace innovation, seeking creative solutions to stay ahead.

I manage resources wisely for sustainable growth.

I engage with my community and prioritize giving back.

I implement marketing strategies that effectively convey our value.

I celebrate all achievements, recognizing my team's hard work.

I uphold my business values in all decisions.

I remain adaptable, viewing challenges as growth opportunities.

If you found this helpful and would like coaching, feel free to contact me for a free 30 min-consultation. If an accountability partner would not be helpful right now but you know someone who could benefit from the additional support, please share this wheel.