

14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 4: Aligning your Wheel of Life

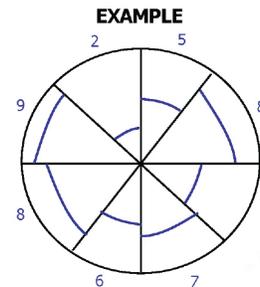
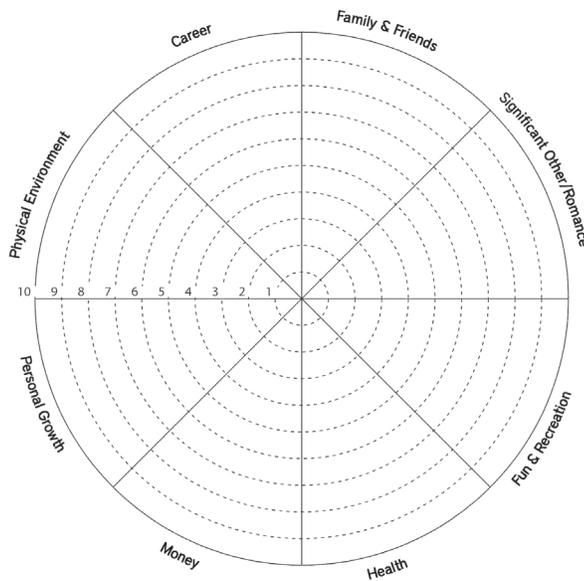
A terrific way to expedite your self-growth is to utilize the Wheel of Life. This coaching tool is often used to give you clarity and direction. I invite you to Google “Wheel of Life.” Tons of images will pop up. You can pick one that appeals to you and sketch it in your journal or a scratch piece of paper, or use the example on this worksheet. Pick eight categories that are relevant to your life that you’d like to rank yourself on.

Areas might include:

- Business/Career
- Finance/Wealth
- Health/Fitness
- Social/Friends
- Family
- Love
- Recreation & Fun
- Volunteer work
- Personal Growth
- Spiritual
- Self-Image

Instructions

Once you’ve determined what your 8 life areas are, spend about 15 minutes ranking your level of satisfaction with each area by seeing the center as a 1 and the outer edges as a “10” the ideal. You can draw a straight or curved line in each “pie piece” to create a new outer edge. The new perimeter represents the wheel of your life. How bumpy or smooth would that ride be?



Analyzing Your Results

Looking at your wheel, what areas are you ready to make a change in?

What does it look like to be closer to a 10 in that area?

After today, what are you going to start doing to regain balance in your life?

After today, what are you going to stop doing, reprioritize or delegate?

Let your results simmer, we'll get into more action planning later.

Looking forward to growing with you!

- Molly K.

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