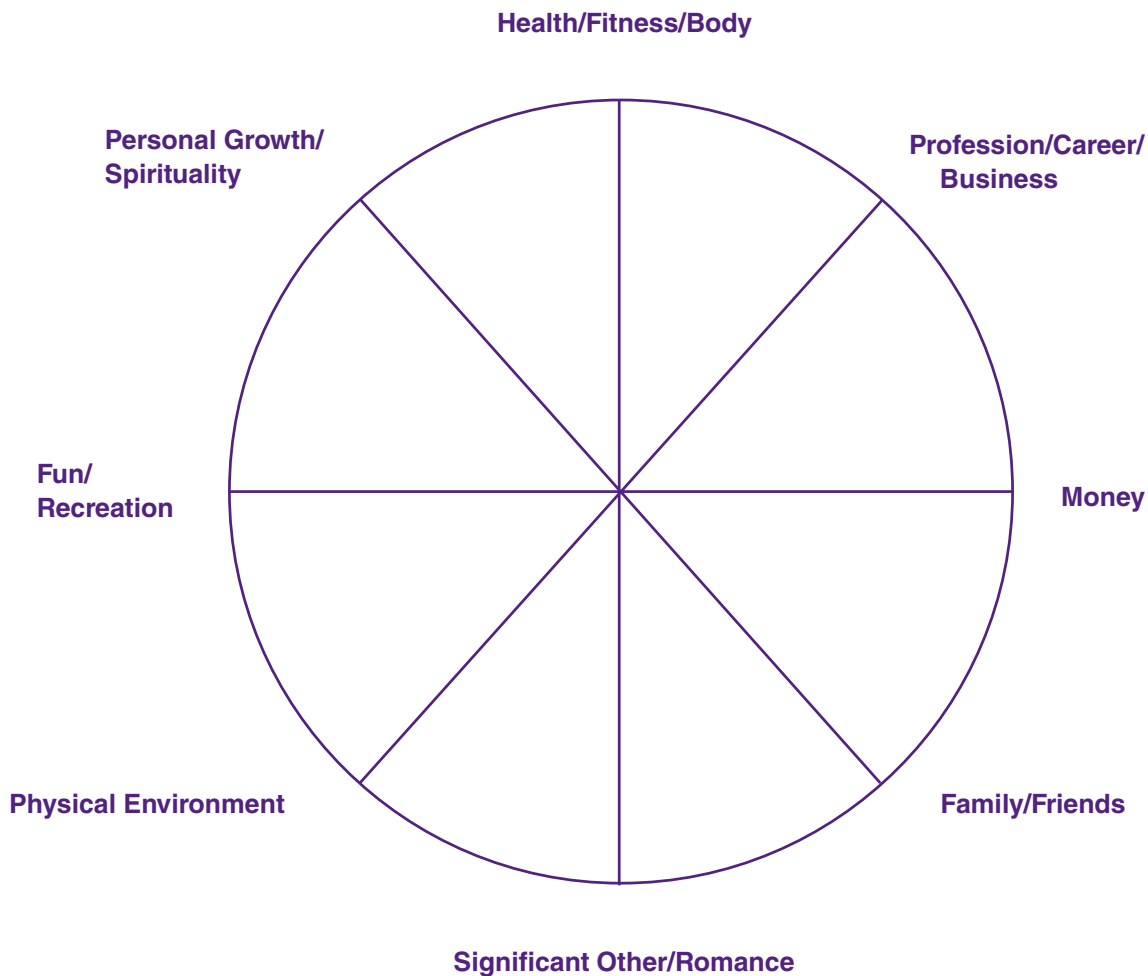


WHEEL OF LIFE REALIGNMENT

The center of the wheel is “*Totally Unfulfilled*” and the rim is “*Totally Fulfilled*.” How do you rate the different aspects of your life right now? When you link the dots on each spoke, will your wheel run smoothly? If it is running smoothly, how can you increase the circumference to travel with less effort? Use the definitions on page 2 to guide your rankings. Create an action plan using the information on page 3.



WHEEL OF LIFE REALIGNMENT

<p>HEALTH/FITNESS/ BODY</p> <ul style="list-style-type: none"> • Physical Fitness • Nutrition • Stress Reduction • Medicine and Healing • Mind-Body Wellness • Life Transitions • Aging and Mortality • Monitoring the Other Spokes 	<p>FAMILY/FRIENDS</p> <ul style="list-style-type: none"> • Parents • Children • Extended Family • Spouse • Parenting • Social Support • Community/ Neighbors 	<p>PROFESSION/CAREER/ BUSINESS</p> <ul style="list-style-type: none"> • Career Success/ Significance • Workplace Relations • Employability Skills • Entrepreneurship • Management/ Leadership • Inspiring Environment 	<p>FUN/RECREATION</p> <ul style="list-style-type: none"> • Cultural events • Laughter • Arts and Music • Literature • Rest and Leisure • Sports and Hobbies • Travel • Humor/Fun
<p>PERSONAL GROWTH/ SPIRITUALITY</p> <ul style="list-style-type: none"> • Lifelong Education • Reading • Values and Morals • Finding Your Purpose • Prayer and Meditation • Stewardship • Relationship with God/Church • Spiritual Accountability • Self-Actualization/ Greatness 	<p>MONEY</p> <ul style="list-style-type: none"> • Compensation • Resource Management • Savings/Debt • Credit Cards • Lifestyle 	<p>SIGNIFICANT OTHER/ ROMANCE</p> <ul style="list-style-type: none"> • Intimacy • Someone to Love/Be Loved • Caring/Touch 	<p>PHYSICAL ENVIRONMENT</p> <ul style="list-style-type: none"> • Home/ Community • Safety • Freedom/ Space/Ecology

 **WHEEL OF LIFE REALIGNMENT**

Imagine Life as a Flat Tire

Imagine your life as a car, and each tire represents a specific area of your life. Now imagine one tire is beginning to lose air. You can drive on the tire for a while, but one day you will discover (and rather uncomfortably) that the tire is flat. You will feel the thud of the tire trying to make its way down the road, and if you do not stop you will wear the tire right out.

Perhaps this tire represents the area of “health” in your life. Attention needs to be given to the tire (your health). It has to be repaired and air needs to be put back into it before you go on your way, unless of course you have a spare in the back of your trunk. You fix the problem quickly by just replacing it (i.e., you drink more coffee and eat more sugar to keep you going through the day, or take an aspirin to get rid of that headache). The flat tire is thrown back in the trunk (along with your healthy lifestyle).

If you do not get the tire fixed right away (begin living a healthier lifestyle), it will drain more energy from you as you tolerate the tire while *knowing* all along you have to get it fixed. As time goes on, and you still have not fixed the tire, your spare will get a flat as well (because you can only drink more coffee and medicate your problems for so long).

The key question: *“Where in your life do you need to put more attention (air in the tire), and if it already has gone flat, what can you do to repair it?”*

Next Steps**Review your Wheel of Life and create a Life Realignment Plan.**

1. First, get clear about how your life balance looks and feels *now*. Describe each Life Wheel wedge (details). For example, let us say you rated “Career” an “8,” and “Family and Friends” a “4.” What does the “8” in “Career” look and feel like? And what does the “4” in “Family and Friends” look and feel like?
2. Next, identify a life area and determine your “Goals/Intentions” that you would like to improve or develop. Be clear on what an “8” would look like, or even a “10.” Work with your coach to develop a commitment plan that moves you forward and not just toward more busyness.
3. Outline your Action Steps for each goal using the worksheet on page 4.