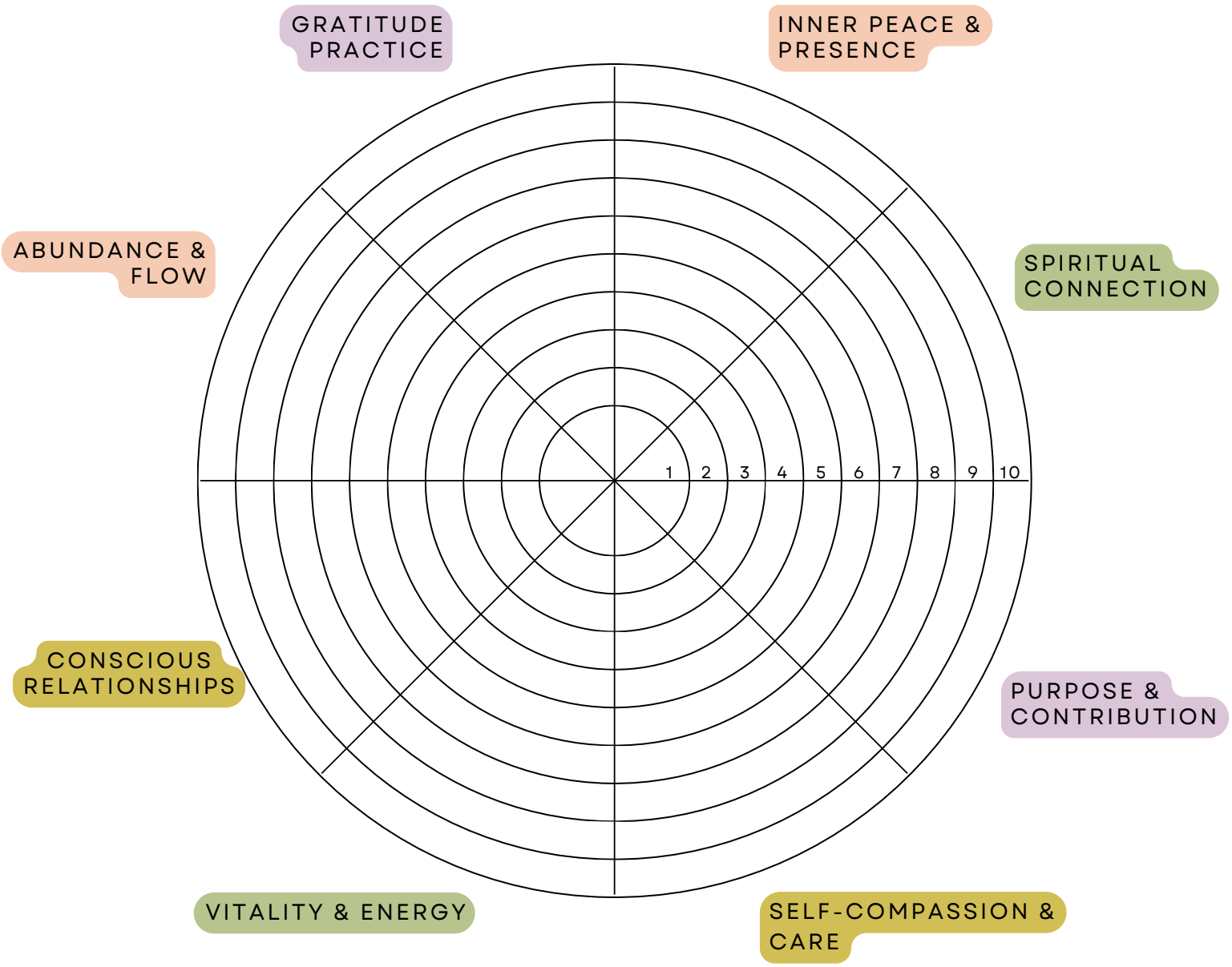
WHEEL *of life*

PRIORITY CATEGORIES

NOTES



Areas of Focus

- Gratitude Practice: Your consistent effort in daily/weekly gratitude, journaling, or appreciation.
- Inner Peace & Presence: Your ability to find stillness, manage stress, and live in the present moment.
- Spiritual Connection: Your relationship with your Higher Power, intuition, or the flow of the universe.
- Purpose & Contribution: Your sense of meaning, and how you share your gifts with the world.
- Self-Compassion & Care: How kindly you treat yourself (body, mind, and spirit).
- Vitality & Energy: Your physical and emotional well-being as a measure of spiritual alignment.
- Conscious Relationships: The depth, authenticity, and health of your connection with others.
- Abundance & Flow: Your open-ness to receiving prosperity, opportunities, and unexpected gifts.

Action Planning Worksheet

The real power of the Wheel is in the action.

The Bumpy Road: Which 1-3 segments have the lowest scores? (These are your current focus areas.)

The Ideal Score: For those low areas, what is a realistic, achievable score to reach in the next 30 days (e.g., move from a 3 to a 6)?

The First Step: What is one small action you can commit to daily in that segment? (e.g., For 'Inner Peace,' I will meditate for 5 minutes right after my morning coffee.)

Rating Instructions & Questions

Ask Yourself: How satisfied am I with each zone, score yourself 1-10 (1 being non-existent or barely being addressed & 10 being perfect or where you want to be)

Gratitude Practice; How consistently do I remember to acknowledge my blessings throughout the day?

Inner Peace & Presence; How often do I feel truly calm and grounded, even when facing external chaos?

Spiritual Connection; How strong and reliable does my sense of inner guidance or intuition feel?

Purpose & Contribution; How frequently do I feel I am actively working towards my deepest calling?

Self-Compassion & Care; How well do I listen to my body's needs and speak to myself with kindness?

Vitality & Energy; How energized & vibrant do I feel on a typical day, ready to face the world?

Conscious Relationships; How present, honest, and loving am I with the most important people in my life?

Abundance & Flow; How open am I to receiving good things, & how much do I trust the universe to provide?