

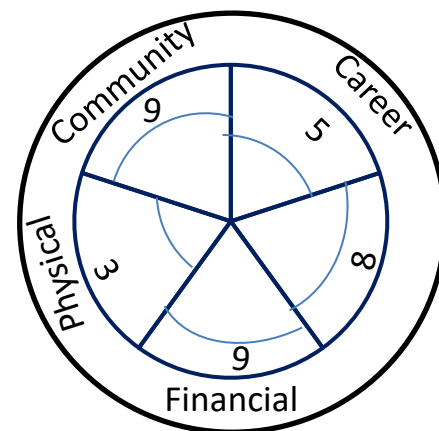
Your Wheel of Life & Vision Board

COMPLETE YOUR WHEEL

- 1) Review the 5 pillars – think briefly about what a satisfying life might look like in each area.
- 2) Next draw a line across each segment that represents your satisfaction score for each area.
 - Imagine the center is 0 and the outer edge is 10.
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied).
 - Now draw a line and write the score alongside (see example above).

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think you should be.

Example



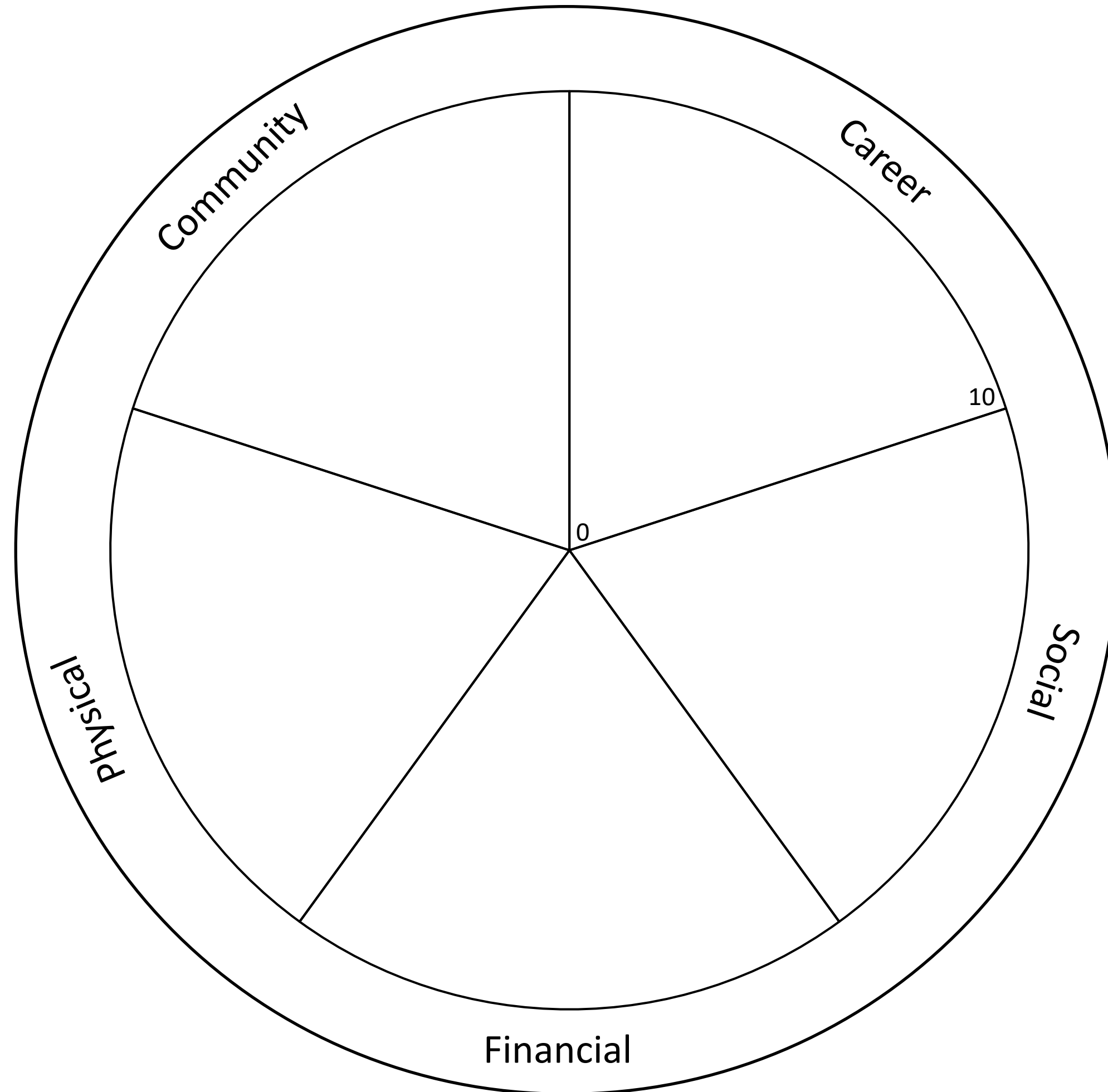
COMPLETE YOUR VISION BOARD

- 1) After completing your Wheel of Life, select your first category and think about the vision you have for yourself in that category.
- 2) Add words, goals, or actions you want to take and list them to the category. You can also add images that represent the vision you have for that category.

SELECT YOUR ONE WORD: to help you gain clarity on what you want to create in your life and how you want to live each day

- 1) After completing Vision Board exercise for each of the five categories, now it's time to select your One Word of focus that you want to align to for the upcoming year.
- 2) Your One Word should embody your values and the things that will help you move toward where you want to be in life.

Your Wheel of Life



Social

I have meaningful friendships

I can and I will

Physical

I have energy to get things done

My One Word

Career

I like what I do everyday

Financial

I manage my money well

Community

I like where I live

My Vision Board

STACK
YOUR
DECK