

THE WHEEL OF LIFE

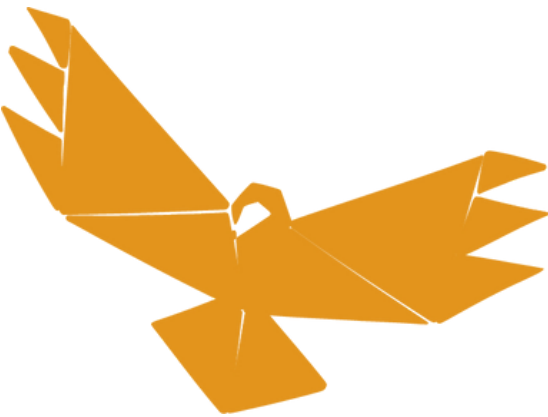
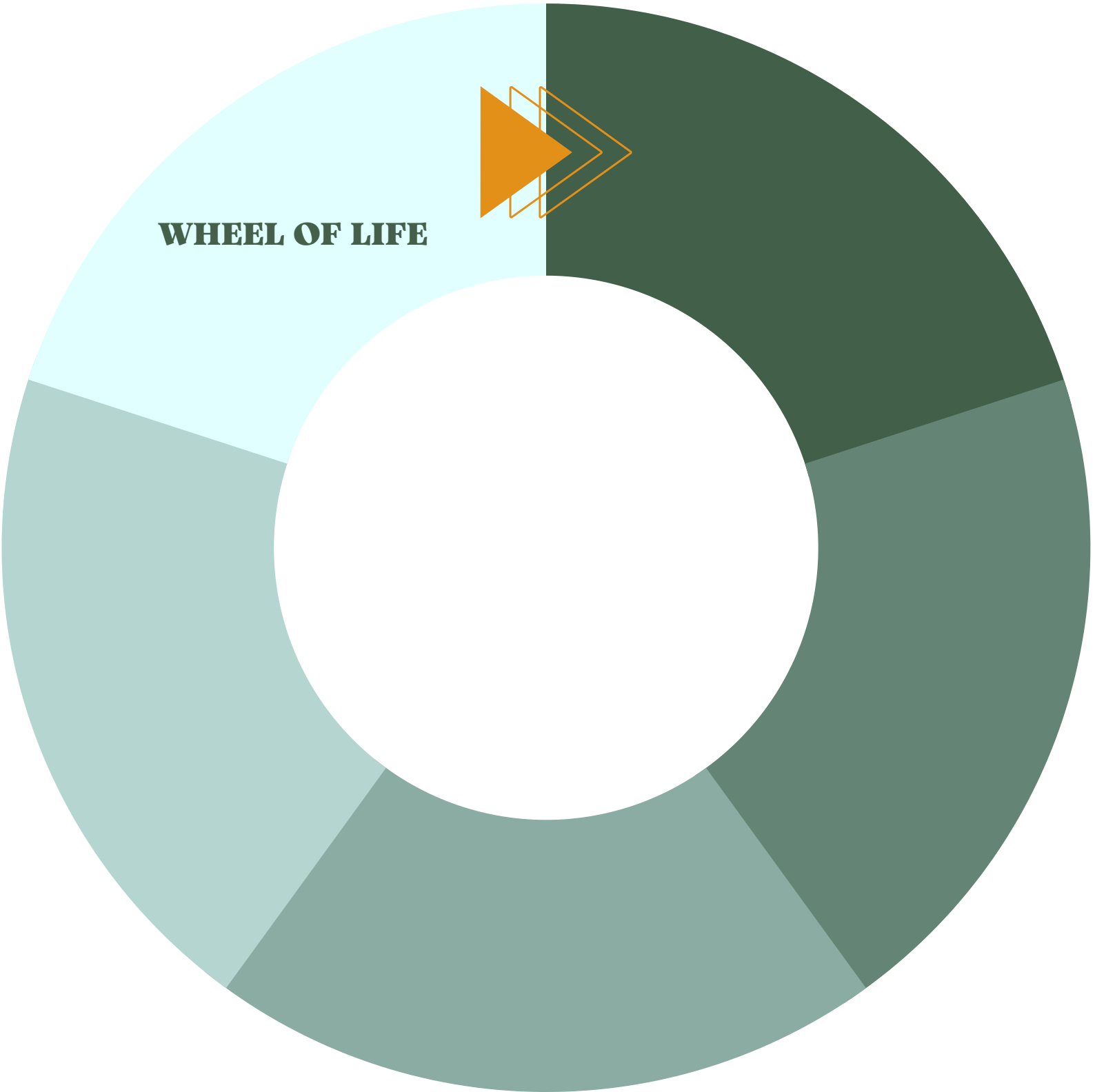
PAUL J. MEYER 8 CATEGORIES

- **BUSINESS & CAREER**
- **FINANCE**
- **HEALTH**
- **FAMILY & FRIENDS**
- **ROMANCE**
- **PERSONAL DEVELOPMENT**
- **FUN & RECREATION**
- **CONTRIBUTION TO SOCIETY**

TONY ROBBIN 7 CATEGORIES

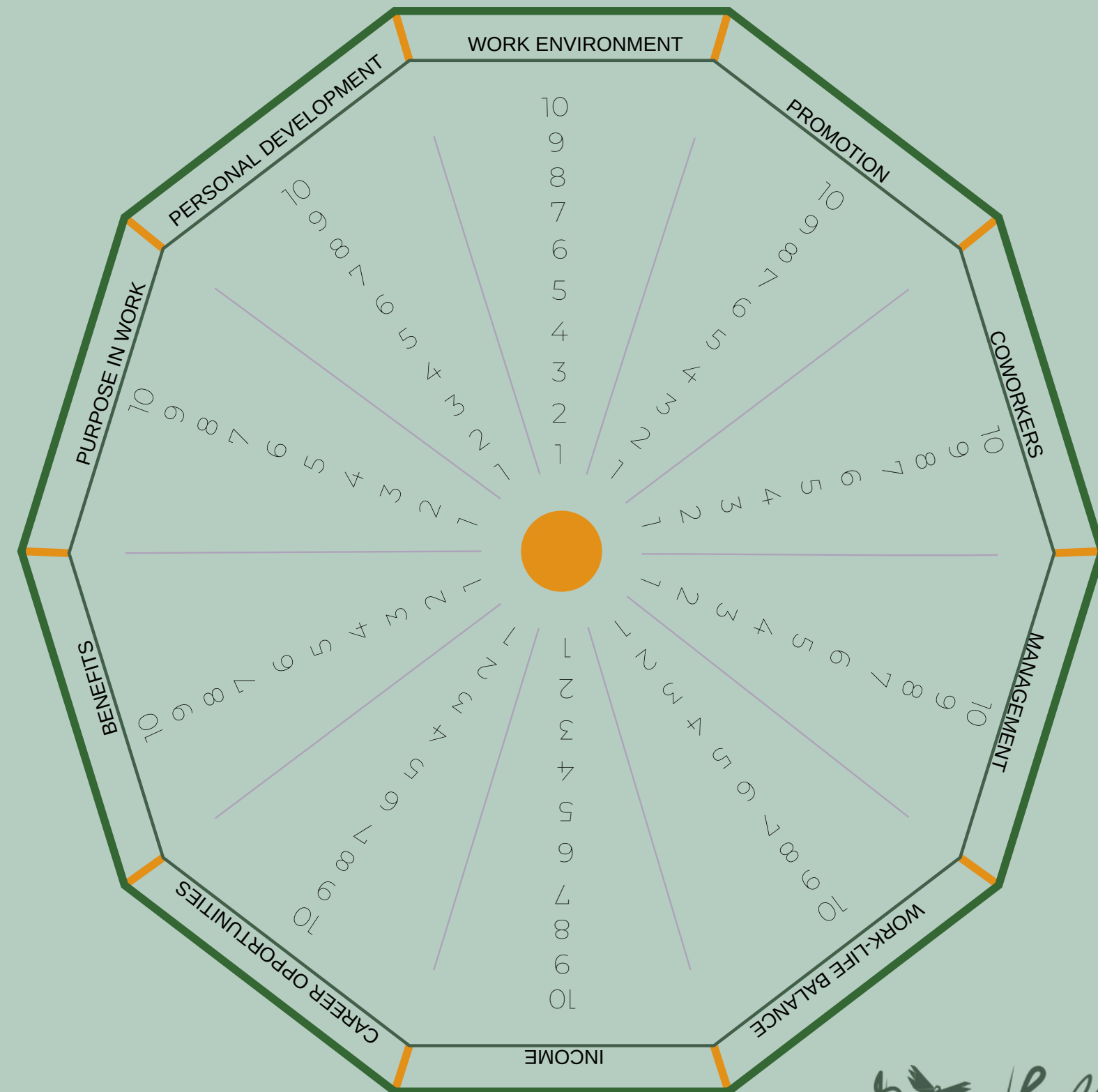
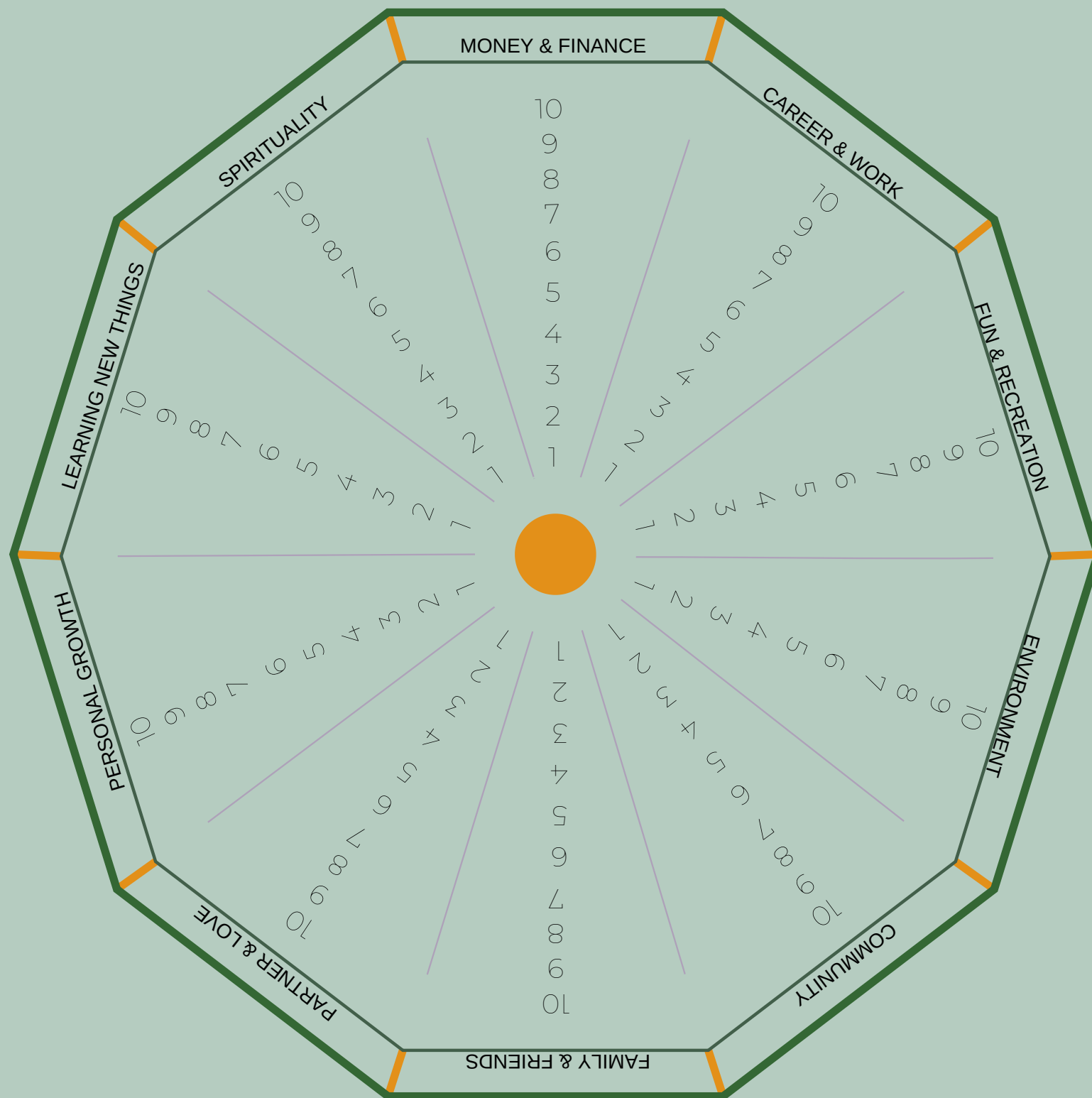
- **PHYSICAL BODY**
- **EMOTIONS AND MEANING**
- **RELATIONSHIPS**
- **TIME**
- **CAREER**
- **FINANCES**
- **CONTRIBUTION AND SPIRITUALITY**

The Wheel of Life is a continuous tool for you to use.





Full life or one aspect of your life?





OTHERS SUGGESTION

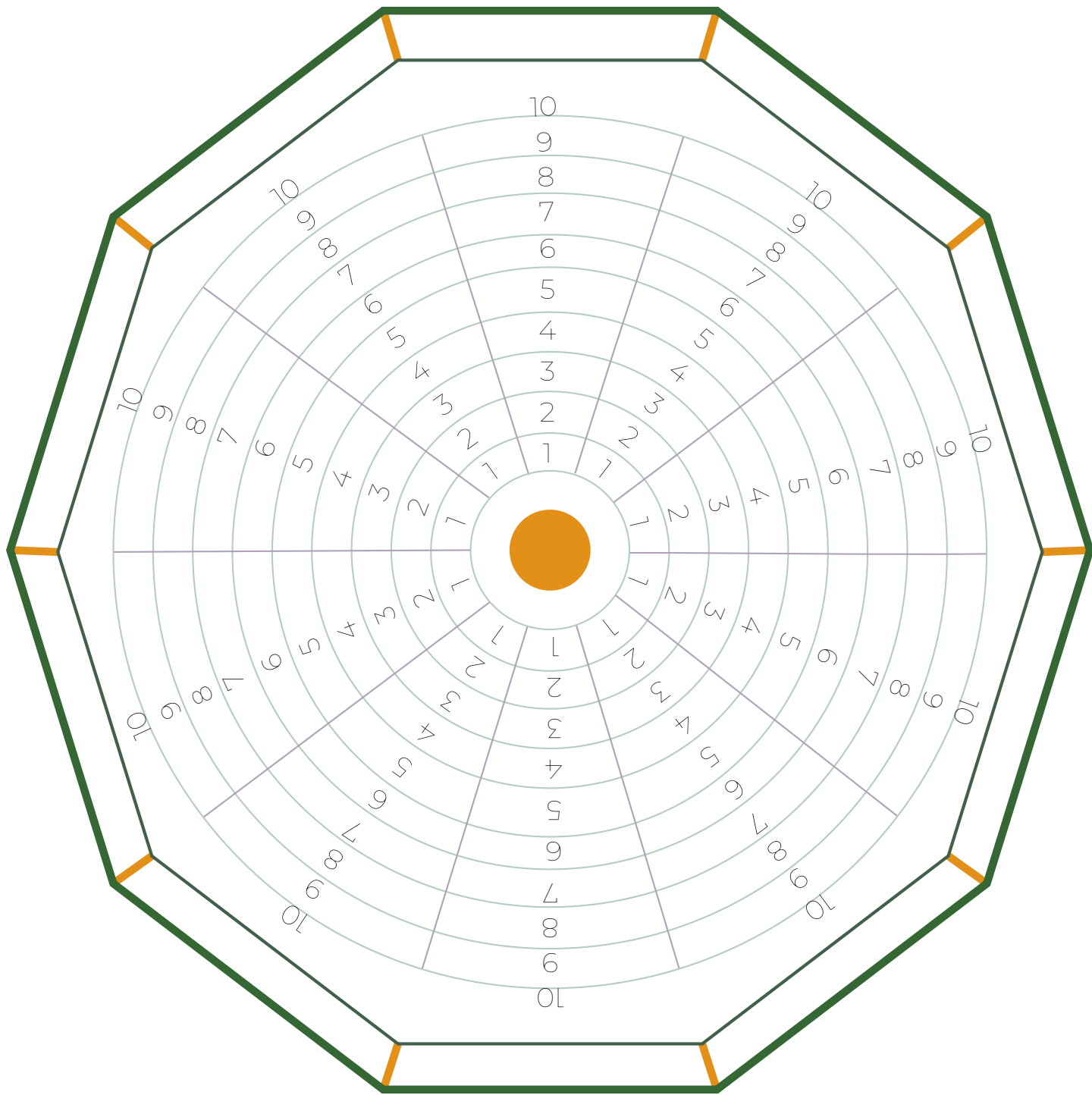
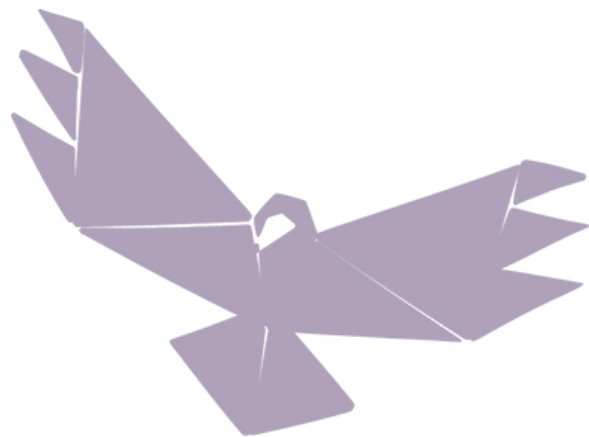
COMMUNITY
SOCIAL
FAMILY
FRIENDS
DATING
RELATIONSHIP
LIFE PARTNER
CAREER
VOCATION
LOVE
NUTRITION

WORK
BUSINESS
MOTHERHOOD
FATHERHOOD
PARENTING
VOLUNTEERING
FINANCES
MONEY FLOW
FINANCIAL SECURITY
SOCIAL LIFE

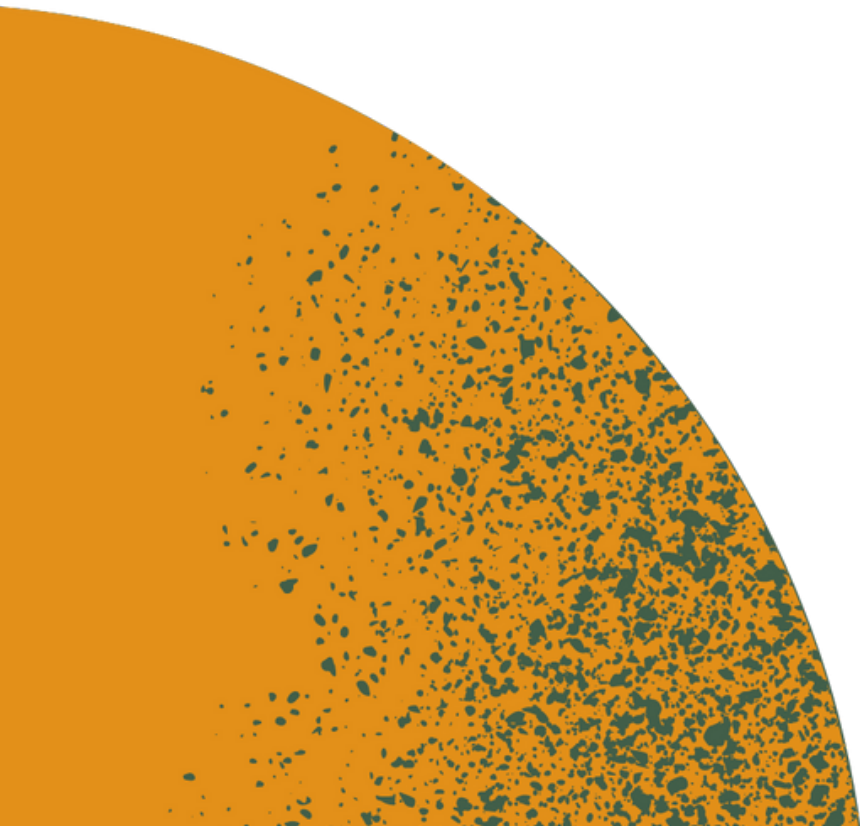
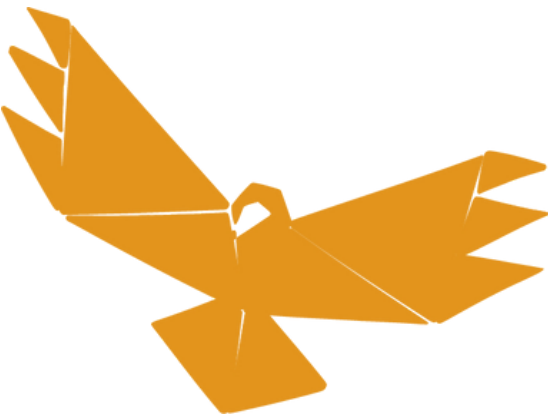
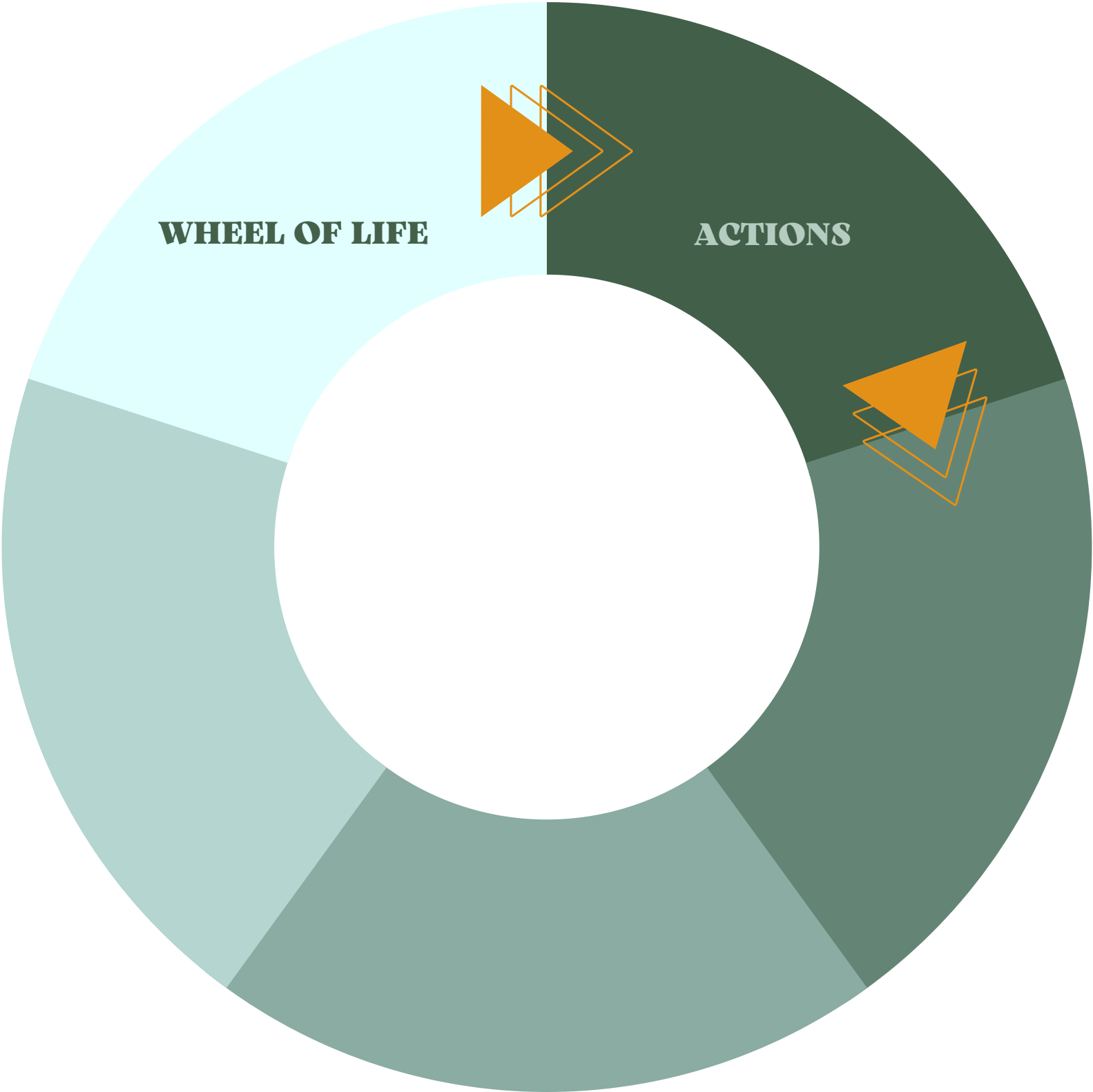
FINANCIAL WELLBEING
HEALTH
WELLBEING
FITNESS
HOME ENVIRONMENT
LEISURE TIME
SPORTS
RECREATION
PLAY
RECOGNITION

CREATIVITY
ENJOYMENT
PERSONAL GROWTH
LEARNING
SELF-DEVELOPMENT
SPIRITUAL
ENVIRONMENT
COMMUNITY
FAITH
LIFESTYLE

Your Wheel of Life



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First, focus on areas with a high score, one by one:

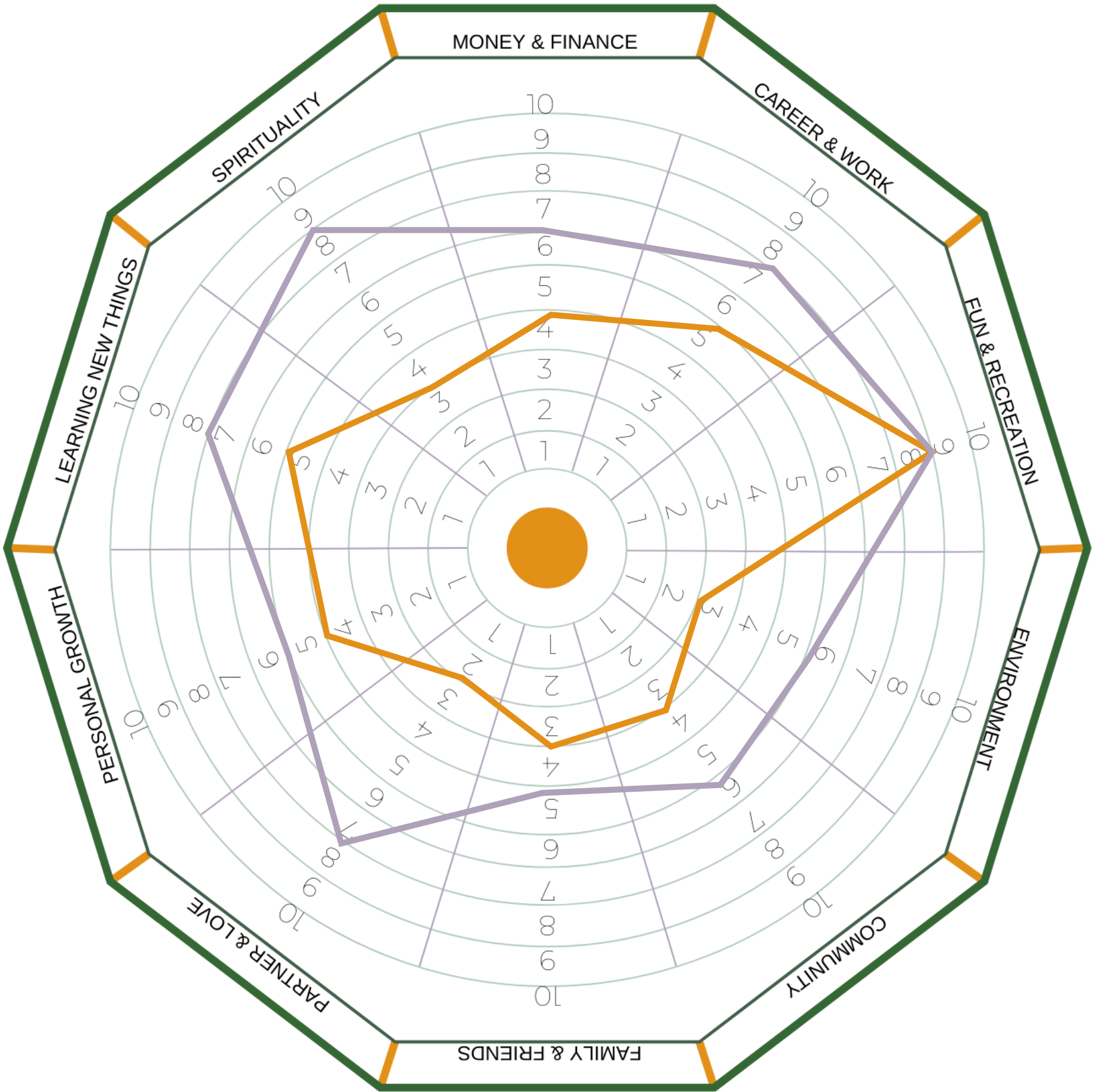
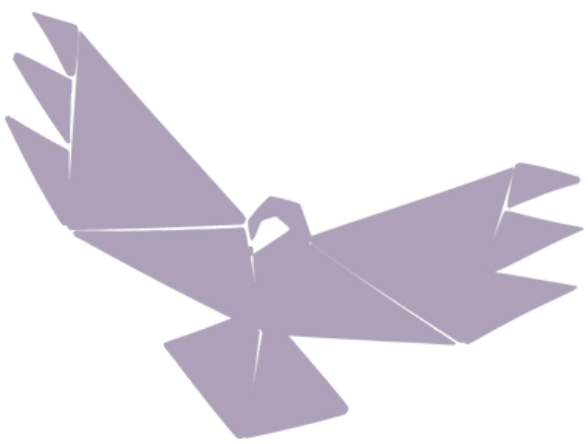
What actions have you taken to obtain a high score?

Then, looking at the areas with a low score, one by one:

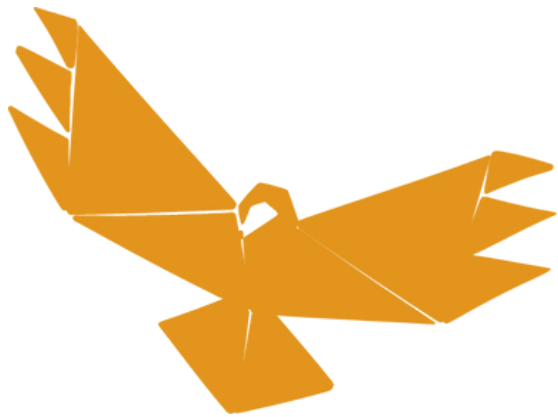
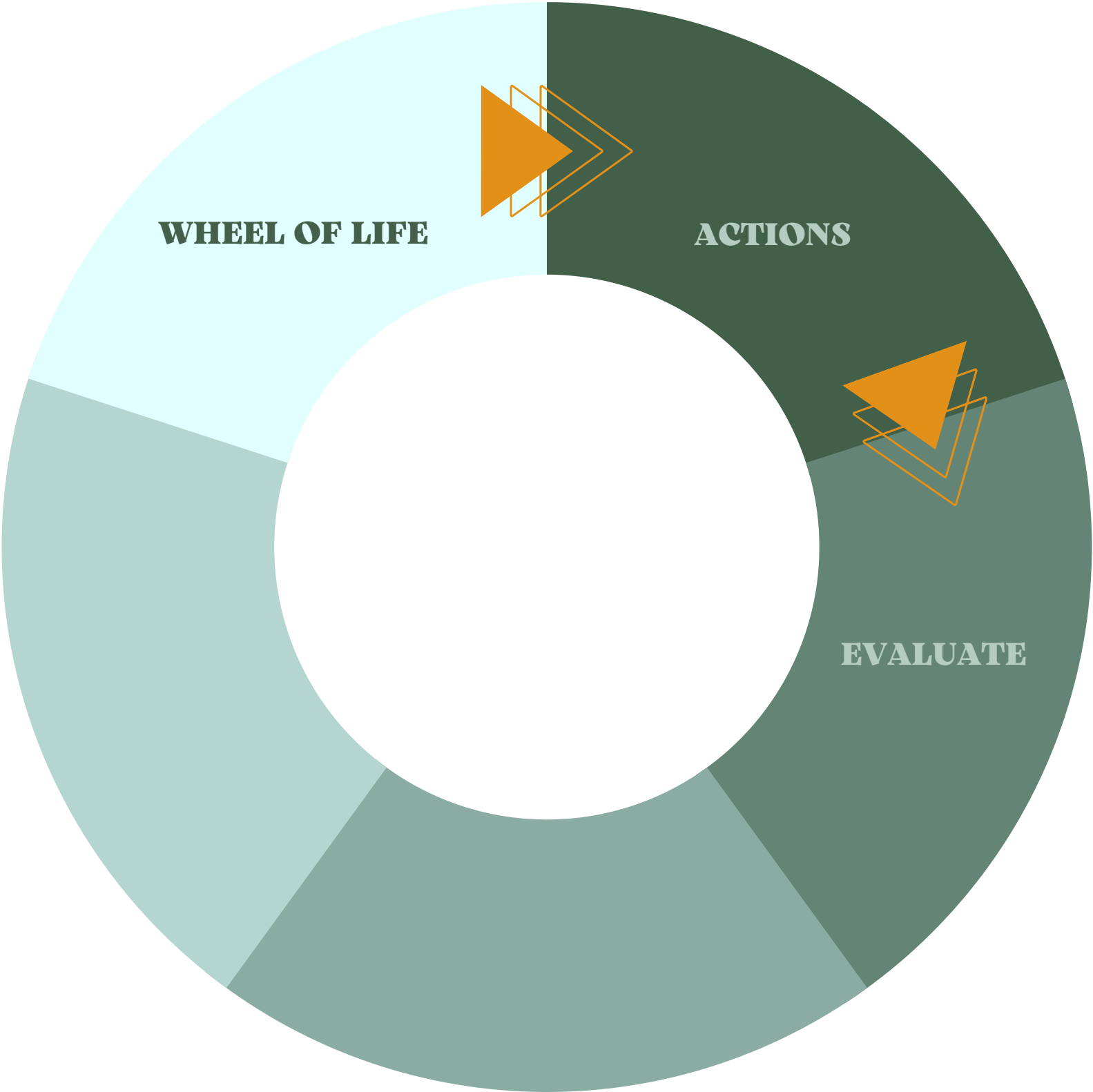
What is one thing, that could make the score go up 1 point in this area?

What action could you take to make this happen?

Perhaps you can find inspiration in your high scores and the actions you have taken there.



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Evaluate

Chose your interval to evaluate your actions and current score

Have any score changed?

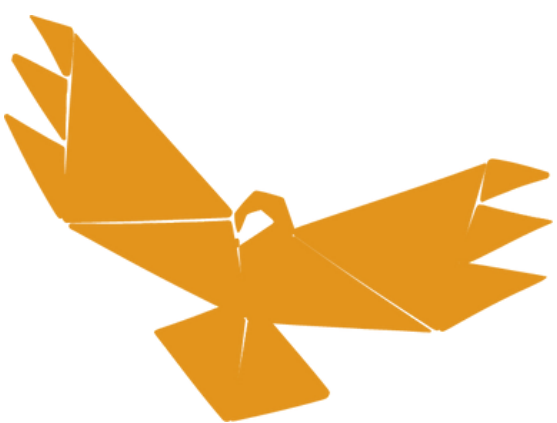
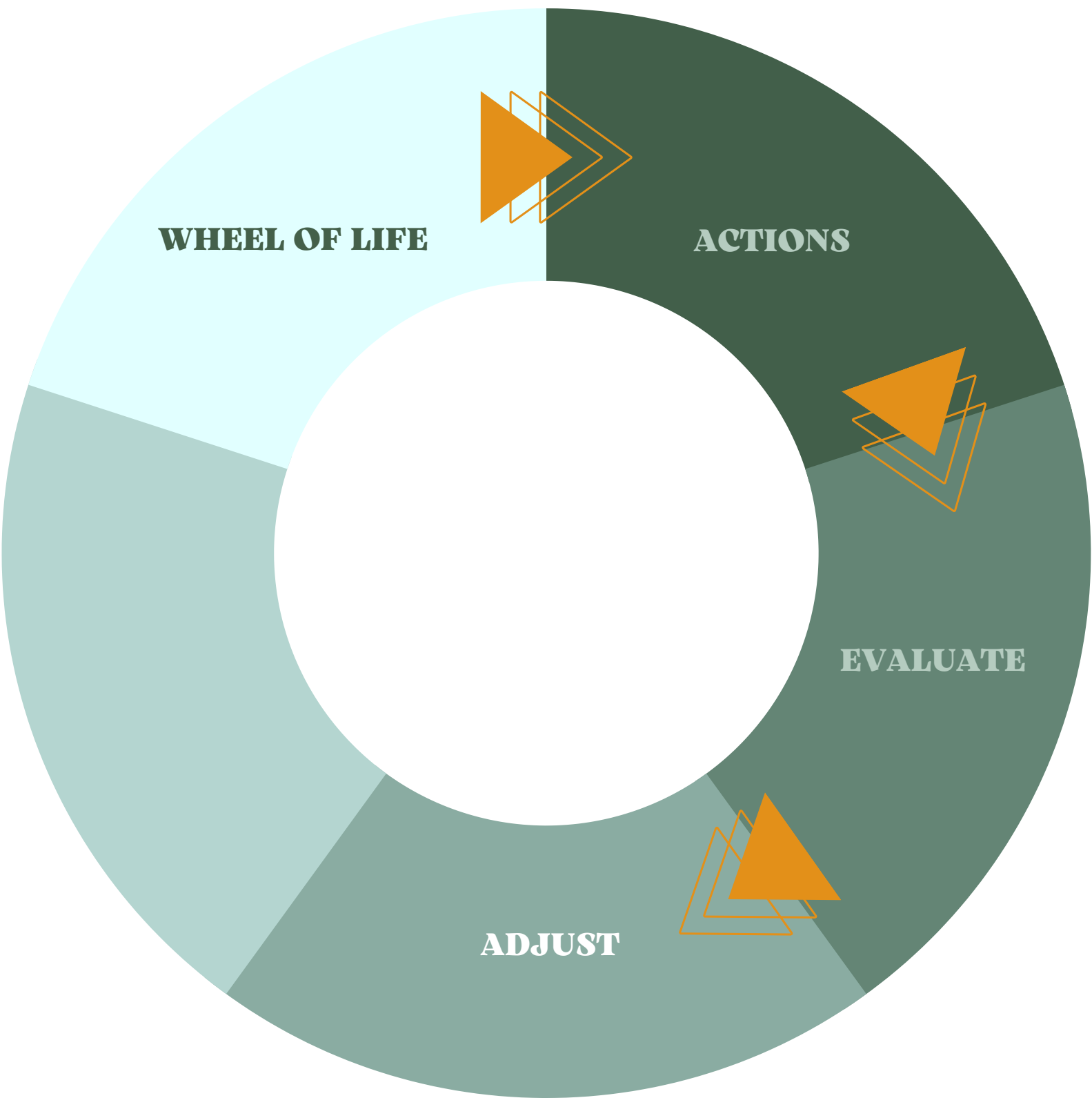
What caused the change?

Have you done your actions?

If not, why?

If yes, did it influence the new score

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Adjust your actions

Done actions

What is another thing, that could make the score go up 1 point in this area?

Actions not done

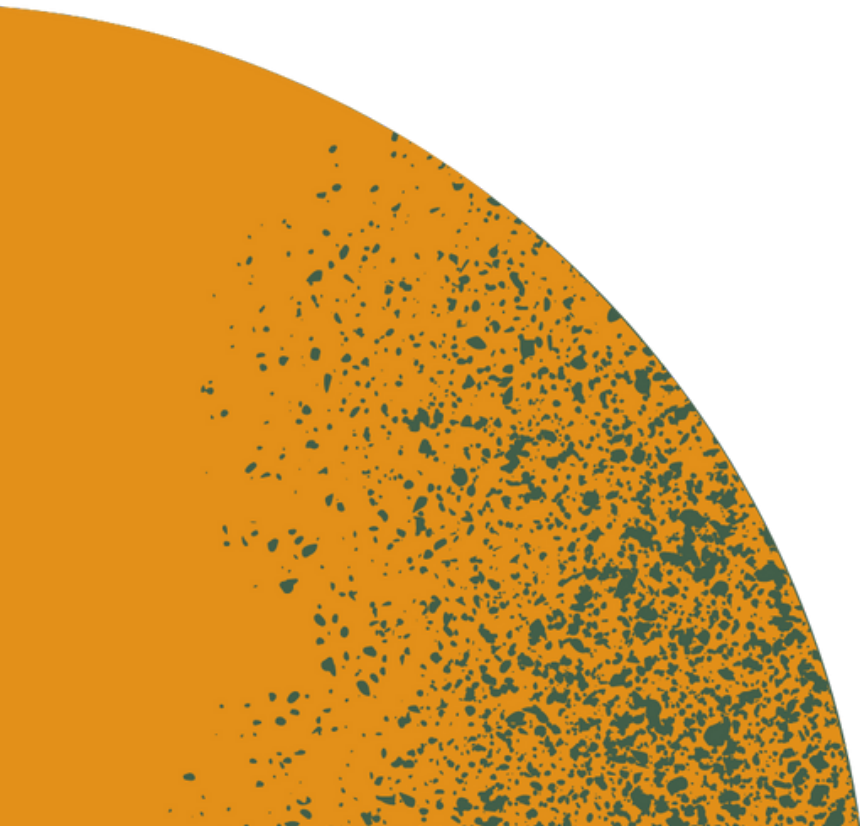
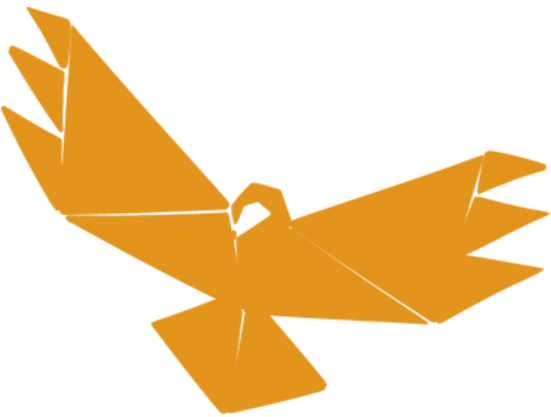
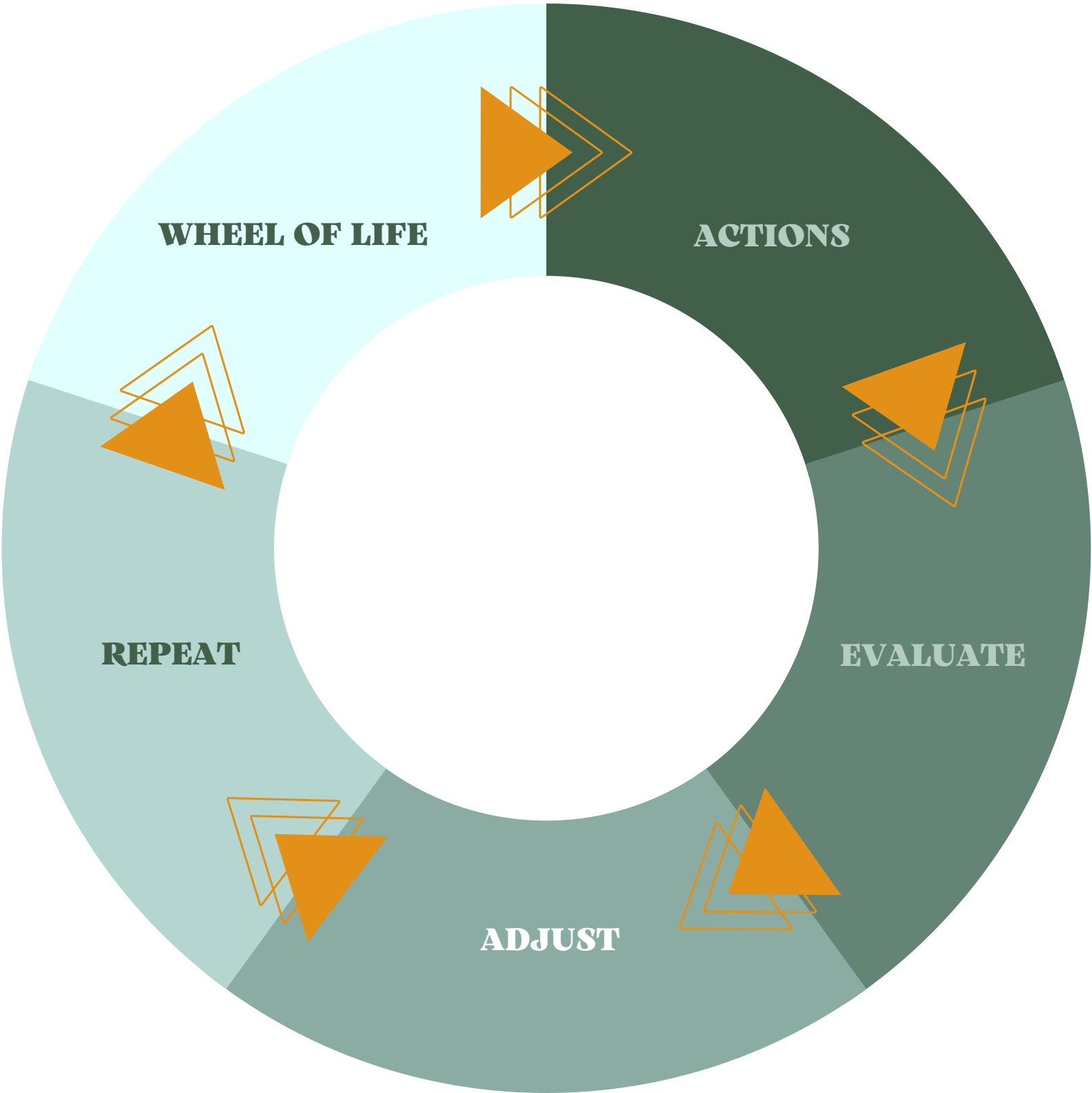
What can you do to make it happen

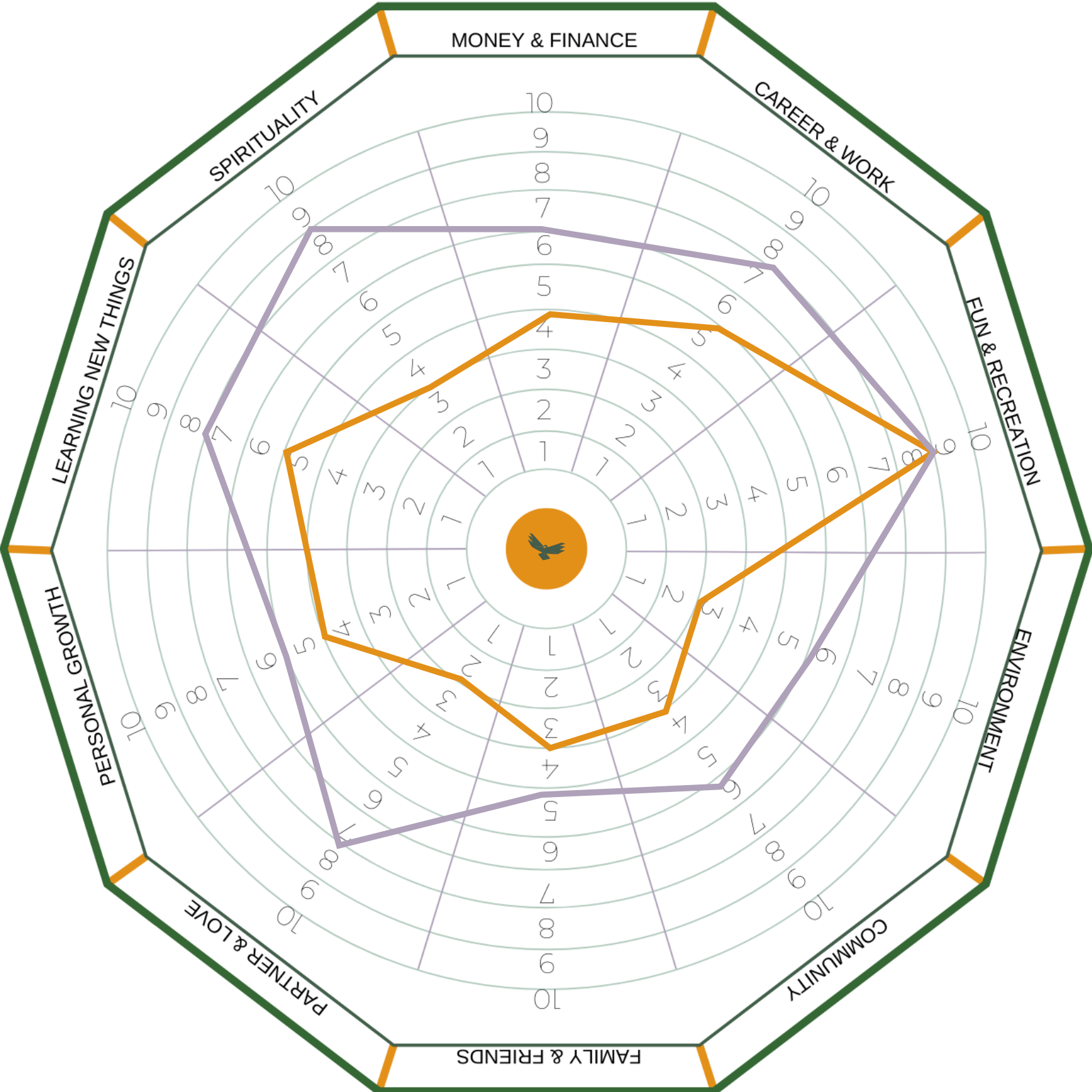
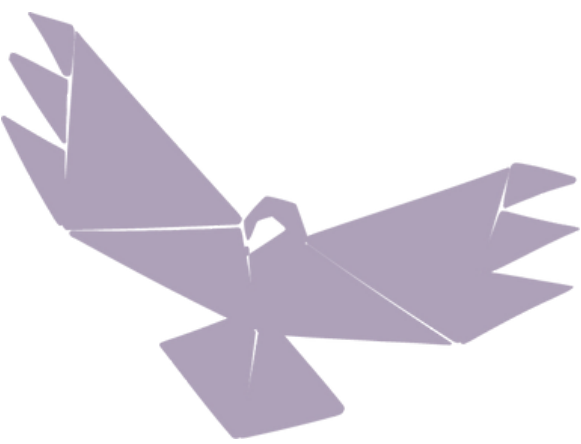
Is it still relevant?

Do you need support to make it happen?

Do you need to make it smaller?

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Want more?

Book a coaching with me. I will make sure you take your actions to maximum impact!






**THE WHEEL OF LIFE IS A SIMPLE BUT POWERFUL TOOL, THAT
HELPS YOU TO VISUALIZE ALL THE IMPORTANT AREAS OF
YOUR LIFE AT ONCE.**

**THE WHEEL IS MAKING TRANSPARENT TO YOU, WHERE YOU
THINK YOU ARE DOING WELL AND WHERE YOU WANT TO
IMPROVE.**

**IT IS SHOWING YOUR STATE OF AFFAIRS AS YOU SEE THEM -
GIVING YOU THE OPPORTUNITY TO REFLECT ON WHERE AND
WHY YOU ARE DOING WELL, WHERE YOU HAVE
OPPORTUNITIES FOR GROWTH, AND HOW TO MOVE FORWARD.**



IT ORIGINATES FROM TIBETAN BUDDHISM AND FOCUSES ON EIGHT COMPONENTS, WHICH ARE ALSO CALLED HAPPINESS FACTORS IN HUMAN LIFE, THIS CONCEPT HAS BEEN FURTHER DEVELOPED BY PAUL J. MEYER AND TONY ROBBIN AMOUNT OTHERS, BUT THE BASIS ASSESSMENT MODEL IS THE SAME.

YOU EVALUATE YOUR LIFE ON VARIOUS CATEGORIES ON A SCALE FROM 1 TO 10, PAUL J. MEYER SUGGESTS 8 AND TONY ROBBIN 7 WITH SOME DIFFERENCE, BUT THAT IS ONE OF THE THINGS I LIKE ABOUT THE MODEL, YOU CAN CHOOSE YOUR OWN CATEGORIES ACCORDING TO YOUR VALUES.