

# WHEEL of LIFE – WORKSHEET

Find a quiet comfortable space free from distractions and clear your mind as best as you can by taking in long slow deep breaths. The wheel of Life is a wonderful personal awareness exercise designed to help you:

- Look at all the key areas of life
- Focus solely on how you feel, what you love, what you would like to (or need too) focus on
- Acknowledge gratitude in your life right now
- Apply positive affirmations and actions to improve specific areas
- Increase self-awareness and persona growth

You can return to it at any time to see how you're progressing or to make changes. Add the date for future reference.

## **The greatest investment you can ever make is in YOU.**

Answer each question honestly, from your point of view and your thoughts. Start by scaling your thought between 1 and 5.

5 being you feel great about this area of your life and 1 being you would really like to focus on improving this area of your life. Write your corresponding number in the heart then follow on to answer each question.

### **KEY AREAS:**

Self / Quality Time

Couple / Quality Time

Loving Actions / Giving

Intimacy / Sex

Conflict Resolution

Health / Physical / Spiritual

Friends / Social Interaction

Communication / Verbal and non-verbal communication and listening skills

Family

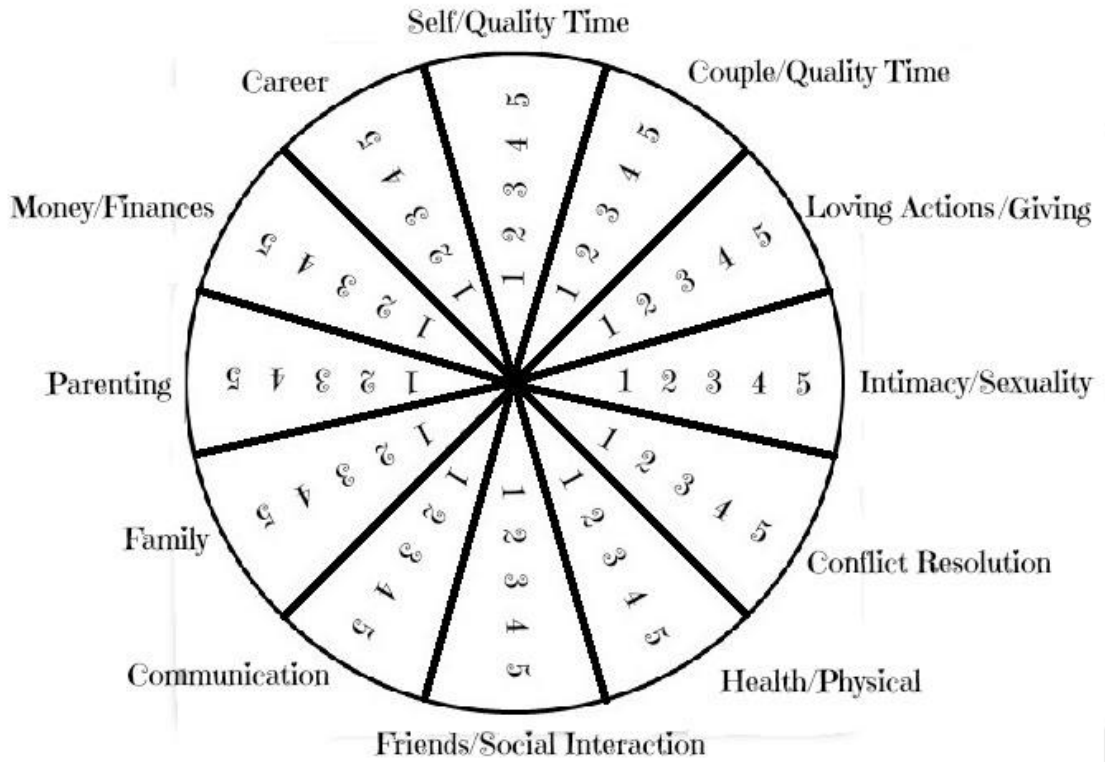
Parenting

Money / Finances

Career

# WHEEL OF LIFE

Date / / .



**FRIENDS / SOCIAL INTERACTION**



Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**COMMUNICATION -  verbal and non-verbal communication and listening skills.**

Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**FAMILY**



Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**PARENTING**



Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**MONEY / FINANCES**



Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**CAREER**



Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**SELF / QUALITY TIME**



Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**COUPLE / QUALITY TIME**



Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**LOVING ACTIONS / GIVING**



Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**INTIMACY / SEXUALITY**



Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**CONFLICT RESOLUTION**

\*Conflict resolution is the way in which you resolve issues or disagreements. Are you able to discuss things cooperatively, collaboratively, do you fight till the death or do you shy away and give in?

Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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**HEALTH / PHYSICAL / SPIRITUAL**

Why did you choose this number:

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What are you grateful for in this area:

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If anything, what would you choose to improve:

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Write any ideas or an affirmation to bring about the change you desire:

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If you're unsure on how to go about changing or improving a particular area don't forget to look through-out *Karenofford.com* to find helpful information and ideas. Visit the references and resources page to find even more inspirational and valuable information from various specialised services and professionals. You can always do your own research and 'google' exactly as you think it. For example "How can I improve my finances?" or "How can I be more loving?" A world of information will come up, scan through, have a read and remember to be discerning, if it doesn't feel right trust your intuition and move on to read the next site.

