

WHEEL OF LIFE PROGRAM

Use the sheet for goal setting. Use each topic to spark ideas, markers and goals for each of the areas of your life. The chart on the right can be colored in by rating yourself on how you feel you are doing in that area of your life right now. For each area write down goals you want to accomplish in the near, mid and long term.

1. Spiritual (Your Soul)

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0

2. Health (Your Body)

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0

3. Intellectual (Your Mind)

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0

4. Emotional (Your Heart)

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0

5. Significant Other

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0

6. Family

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0

7. Friends & Acquaintances

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0

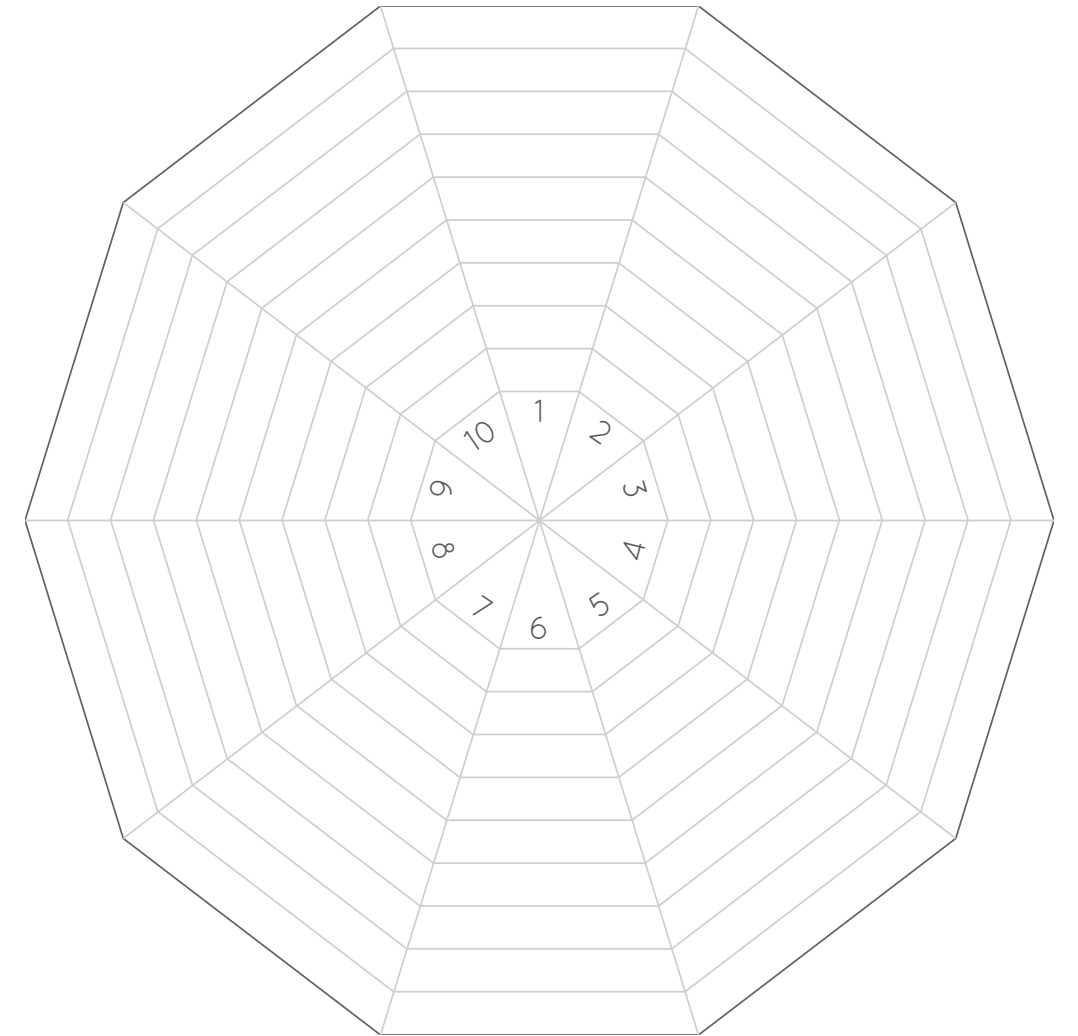
8. Finance & Money

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0



9. Work, Business & Career

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0

10. Travel & Entertainment

A) On a scale from 1-10, rate how you feel you are doing in this area right now and color the chart on the right accordingly.

B) What is your ten year vision for this area of your life?

C) What are your top three, one year goals?

0
0
0