



WHEEL OF LIFE



1. Consistent Growth

Are you consistently progressing towards your goals

2. Intimate Relationships

Are you dedicating enough time to your significant other?

3. Finances

Are you growing your wealth or living paycheck to check

4. Spiritual Health

Are you nourishing your soul and expressing gratitude?

5. Career

Are you dedicating enough time to growing your career or business?

6. Physical Health

Are you following successful nutrition and fitness plans?

7. Fun & Excitement

Are you making enough time to do things you love doing?

8. Contribution

Are you contributing to something greater than yourself

9. Family & Friends

Are you spending enough time with the people who matter most?

10. Emotional Health

Are you dedicating enough time to self care?