

# Your Wheel Of Life



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## YOUR WHEEL OF LIFE

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*3 Steps To Bring More Balance, Happiness, and  
Success Into Your Life Today.*

DATE:

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COMPLETED BY:

*"Happiness is not a matter of intensity but of  
balance and order and rhythm and harmony."  
Thomas Merton*

## Your First Action Step To Lasting happiness:

### Know Where You Are In Your Life.

Knowing where you are in your life is the framework for creating a happy, successful, and powerful life.

Happiness is personal and unique for every person - what may be satisfying or balanced for some may be stressful or boring for others. Each of the 8 sections contained in the Wheel of Life represents an area of your life. Happiness is measured from 1 to 10, 1 being least satisfied and 10 being highly satisfied.

It is not a picture of how your life has been in the past or what you'd like it to be in the future. It is a snapshot taken in the moment. The emphasis is on your level of satisfaction in each area, right now.

This tool raises your awareness and allows you to plan a life that is more balanced and closer to your definition of happiness. It also helps you clarify priorities for goal-setting.

### Detailed Instructions

Review the 8 categories on your Wheel of Life. The categories together create a view of a balanced life for you.

- Family and Friends
- Significant Other, Romance
- Personal Growth & Learning
- Home Environment
- Career:
- Finances
- Health
- Time Freedom

Think about what success or satisfaction would look like and feel like for you for each area of your life.

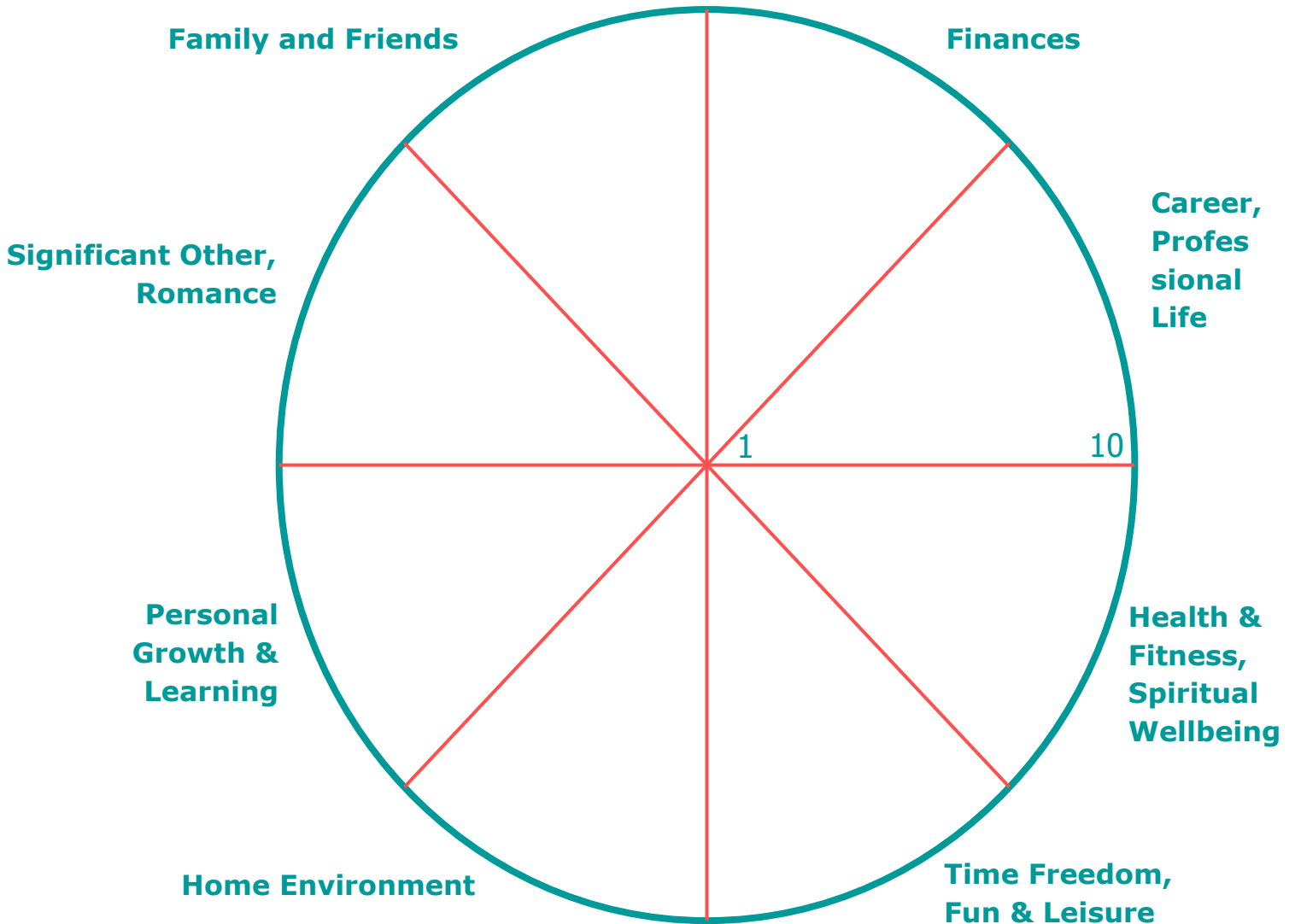
Rank your level of satisfaction with each area by drawing a line across each segment on the wheel.

Place a value between 1 (very dissatisfied) and 10 (fully satisfied) on each area to show how satisfied you are currently with each area in your life.

**Tip:** Remember to follow your gut and write down the first number you think of (don't justify your score and increase it because you SHOULD feel better.)

# Where In Your Life Are You Right Now?

Rate Your Level of Satisfaction In Eight Areas of Your Life.

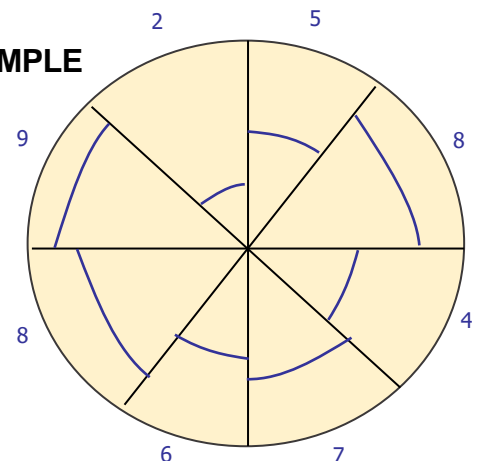


## WHEEL OF LIFE INSTRUCTIONS

- Taking the center of the wheel as 1 (least satisfied) and the outer edge as 10 (highly satisfied), rank your **level of satisfaction** within each area by drawing a straight or curved line. (see example.)

The new perimeter of the circle represents your Wheel of Life. What do you see? Is it a bumpy ride? Are there any surprises for you?

## EXAMPLE



**STEP #2: Looking at your wheel here are some great self-reflection questions to take the exercise deeper:**

1. How do you feel about your life as you look at your Wheel?
2. Which of these categories would you most like to improve?
3. How could you make space for these changes in your life?
4. What help and support might you need from others to make changes and be more satisfied with your life?
5. What change *should* you make first? And what change *do you want* to make first?
6. How do you currently spend time in these areas? How would you like to spend time in these areas?
7. If there was one key action you could take that would begin to bring everything into balance, what would it be?
8. *What would make that a score of 10?*
9. *What would a score of 10 look like?*

## The Final Step 3: Taking Action

Now the good news is that if you're not happy with your results you can turn things around, starting right now. Here's how... Your next step is to identify one action for each area, you could take to move closer to the balance you desire and bring more happiness in your life.

1. Choose 1-3 areas you most want to work on.
2. Identify an action for each area.
3. Then pick 1-3 action steps to get started.

Use the next page to write down your action steps. If you get stuck with ideas, here's a great question I often ask my clients: ***"If there was one key action you could take that would begin to bring everything into balance, what would it be?"***

**Tip:** If you are extremely busy or stressed start by asking yourself: ***"What is the smallest step I could commit to, to get started?"***

*This exercise packs a powerful punch in a short space of time - helping you connect with how balanced your life is, how you feel about that, where the issues might be - and identifying one action to take away and improve things.*

***"Problems arise in that one has to find a balance between what people need from you and what you need for yourself."***

**Jessye Norman**

**Identify 3 Areas of your life to create more balance. Write Your Action Steps**

**AREA OF LIFE:** \_\_\_\_\_

**ACTION:** \_\_\_\_\_

**ACTION STEPS**

1. ....

2. ....

3. ....

**AREA OF LIFE:** \_\_\_\_\_

**ACTION:** \_\_\_\_\_

**ACTION STEPS**

1. ....

2. ....

3. ....

**AREA OF LIFE:** \_\_\_\_\_

**ACTION:** \_\_\_\_\_

**ACTION STEPS**

1. ....

2. ....

3. ....

## Final Thoughts

Remember that a dream without action cannot become a reality. So, now that you are clear on what you want and you know your next steps to get you there, make sure you follow up by taking action.

Don't let fear of moving beyond your comfort zone get in the way of your happiness and success. Challenge yourself to step out of the familiarity of your comfort zone to create and enjoy the intimate, romantic relationship your heart is asking for or doing the meaningful work you're dreaming about. Many successful people achieve their goals because they have learned to expand their comfort zone in order to get where they want to be in life.

Some people rarely venture from their comfort zones. Instead, they continually perform the same actions and create situations that are comfortable and familiar with. However, life doesn't change until our actions change.

But there are ways to expand your comfort zone gently and with confidence. If you want to make it easier on yourself, and accelerate your results, I highly suggest you look into my upcoming private workshops and mini retreats.

I will show you how to take new actions and be comfortable in new situations so that you can overcome stress and anxiety, achieve your goals, and fulfill your dreams.

Make it easy on yourself and create positive change in your life even faster, easier and better. Visit the events page [-click here-](#) and get started today!

Enjoy and make happy happen.

*P.S. Keep your eyes on your inbox, because more good stuff is coming your way soon...*



# A Note For You!



**If you've made it this far, then I can tell we are going to be friends.** You - like me - are always exploring how you can grow and be your best self. I'm inspired by people like you and would love to embrace you as part of the tribe.

**Ready for action?!** Jump over to the website to book a totally free, no-obligation 30-minute "Find Your Happy" Discovery Call - [click here](#).

During our time together, I help you get clear on where you are, what you'd like to create, and the next best step you can take that will move you in the direction of your dream.

**You will leave this session feeling uplifted and inspired** knowing that you have the power to change your life and that the power within you is far greater than your current life conditions and circumstances. To access my calendar and schedule your complimentary call with me, [click here](#).

To learn more about how to "Find Your Happy" by **creating a meaningful and purpose driven life** visit [StellaFrances.com](http://StellaFrances.com) or come to a private workshop or mini-retreat where we can meet in person and we can dig into Careers & Relationships over soulful conversations. For a list of upcoming events, [click here](#).

**To receive monthly Inspiration Nuggets** and my FREE 5-part mini-course, "**Grow. Expand. Thrive.**" *Easy Ways to Find Your Happy and Start Living a More Fulfilled and Meaningful Life*, subscribe today by visiting the site.

**I'd love to connect with you and hear about your journey.** So be sure to stay in touch. Feel free to send me a quick note or say hello on Facebook and keep me posted. I'm here to help!

Here's to leading a life of purpose and living with passion!

 Stella

P.S. Visit the blog [click here](#) page for daily inspiration and tips on creating the life you love living. I can help you succeed in your pursuit of happiness.

As, Zig Ziglar once said... "*People often say that motivation doesn't last. Well, neither does bathing, that's why we recommend it daily.*"