

Wheel of Life “Worksheets”

Now, at this point you should have answered your wheel of life, remember to do it quickly to let your instincts put in the number.

You do not want to let your brain start analyzing too much and make you doubt yourself. The worksheets are for that. Answering the Wheel of Life numbers need to be done quickly and come from your gut. The worksheet that follows will address your thoughts. That's why the whole Wheel of Life can be completed in 8 to 10 minutes.

The next pages are worksheet to help you answer why you assigned the number you did to the section of the wheel you are in. Follow the questions and answer the best you can.

First, figure out why you chose the number you did.

Let's look at an example: Social Life, Community section

I put a 2. Now I must question why.

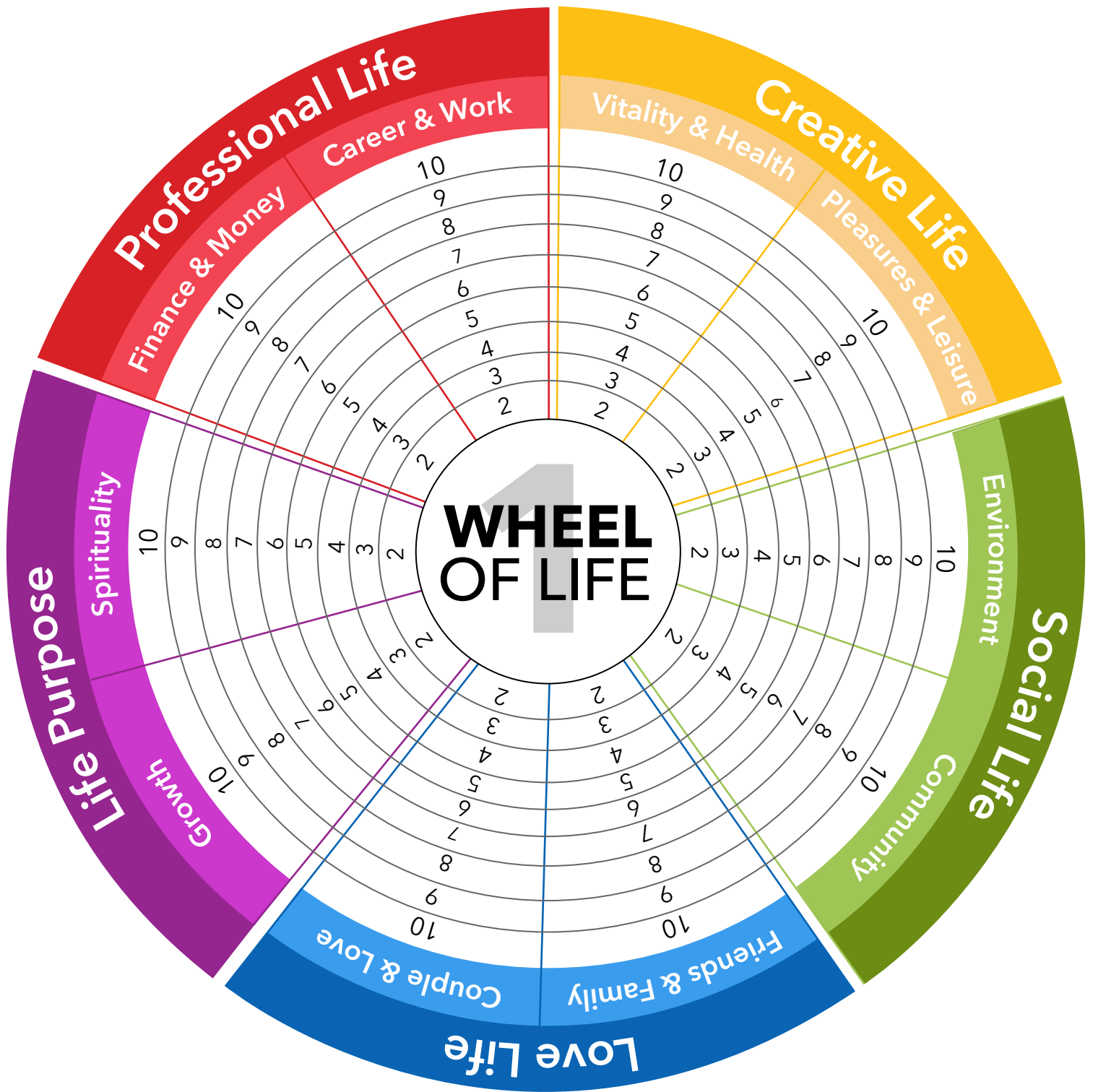
For me it is because I am in Covid 19 restrictions and cannot visit and get together with most of my community, which includes my friends, my activities like team sports or movies, etc.

What can I do to get this number up? Can I do more video calls to my friends and family or can I do more outside with the 6 feet of separation? What can I do in the next three months?

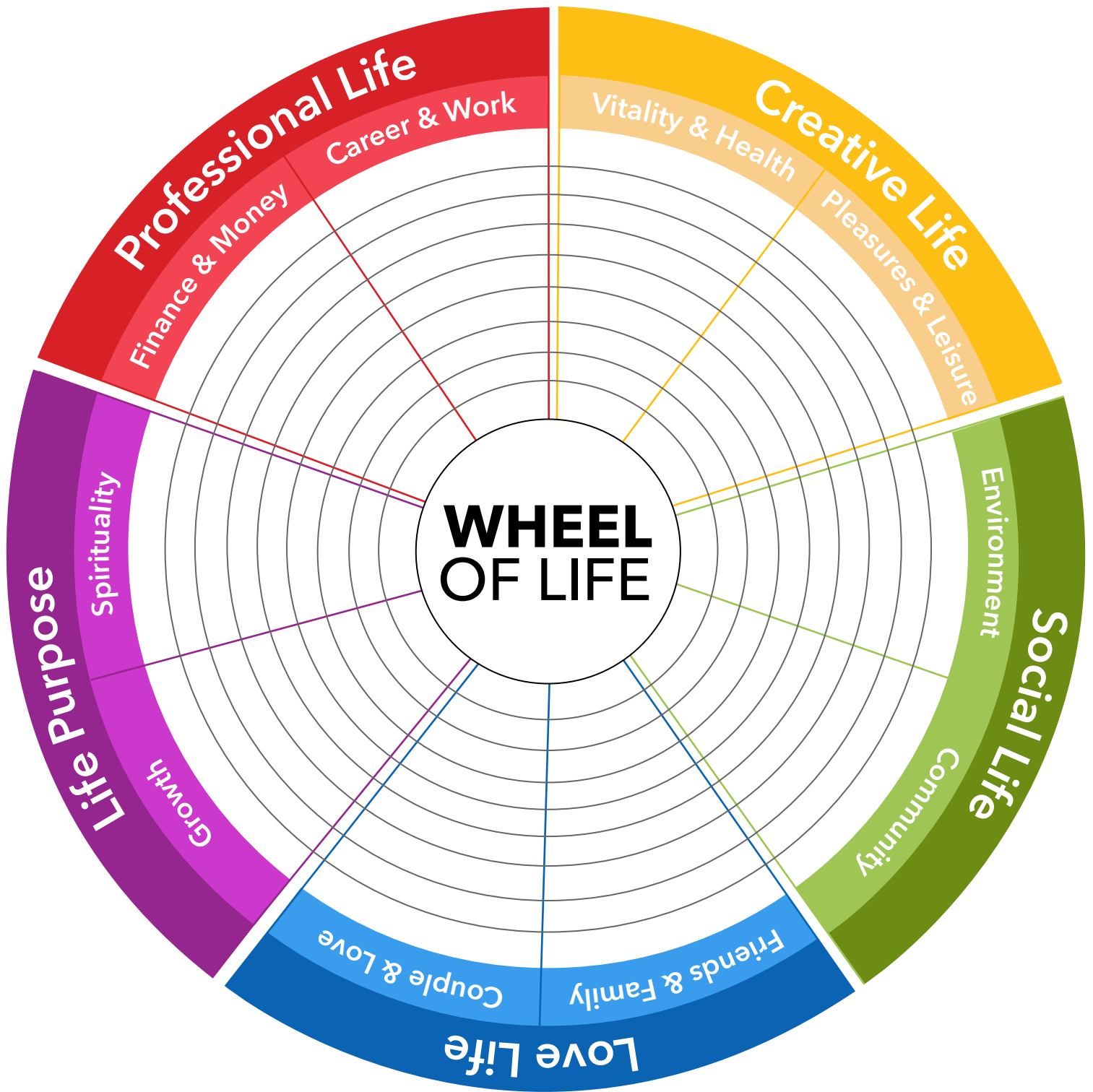
In three months, things might change in the restriction level and the number could go up by itself, but it's important to find ways, even under restriction, to get the number up.

Even if you score a 10 you need to also question, why is it a 10? If it is perfect, why is it perfect? How can I keep it a 10?





BLUEPRINT
for a life of *Peace & Joy*



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- 2- What can I do to bring this number up in the next 3 months?

- 3- What can I start doing TODAY?

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Life Purpose

Growth

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