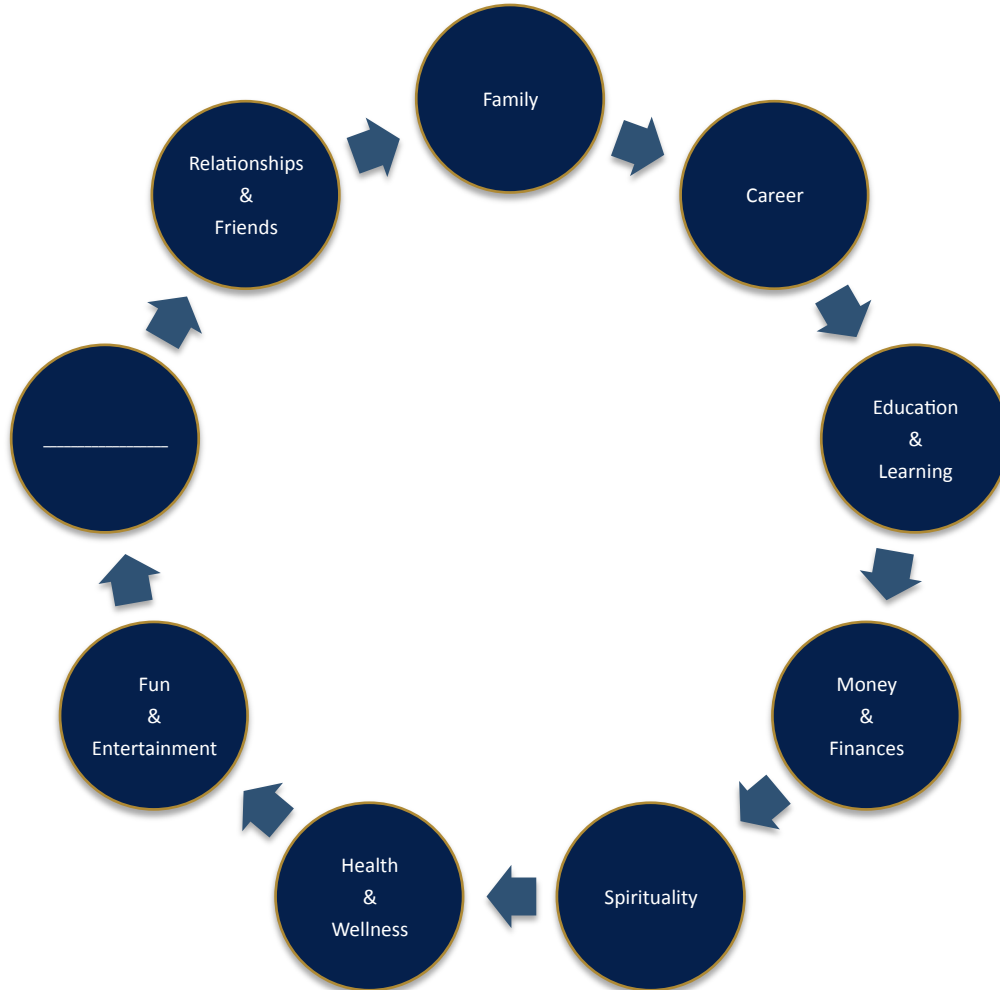


Wheel of Life



Below, think about and then write down your goals and intentions for the various areas of your life that are important to you. Note: Think of your “Wheel of Life” as either “in balance” or “out of balance” - similar to a tire on your car. Your wheel can be flat on one side for example. Our lives are never completely in balance, yet, we are either moving toward or away from being in balance.

Family Goals & Intentions	
1.	
2.	
3.	
4.	
5.	

Career Goals & Intentions
1.
2.
3.
4.
5.

Education & Learning Goals & Intentions
1.
2.
3.
4.
5.

Money/Finances Goals & Intentions
1.
2.
3.
4.
5.

Spirituality Intentions
1.
2.
3.
4.
5.

Health/Wellness Goals & Intentions
1.
2.
3.
4.
5.

Fun/Entertainment Goals & Intentions
1.
2.
3.
4.
5.

Relationship/Friends Goals & Intentions
1.
2.
3.
4.
5.

1.
2.
3.
4.
5.

(Next Step) from each area in which you have established a goal and/or intention, develop a list of activities that you need to do in order to begin the process of bringing the goal/intention to life and making it a reality. You will need to print out multiple copies of the activity form below.

Date:
Focus Area from Wheel of Life:
Desired Change:

	<i>ChangeWorks!</i> ® Personal Change Management System	<i>Date Completed</i>
#	Activities You Need To Do (list below)	
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		