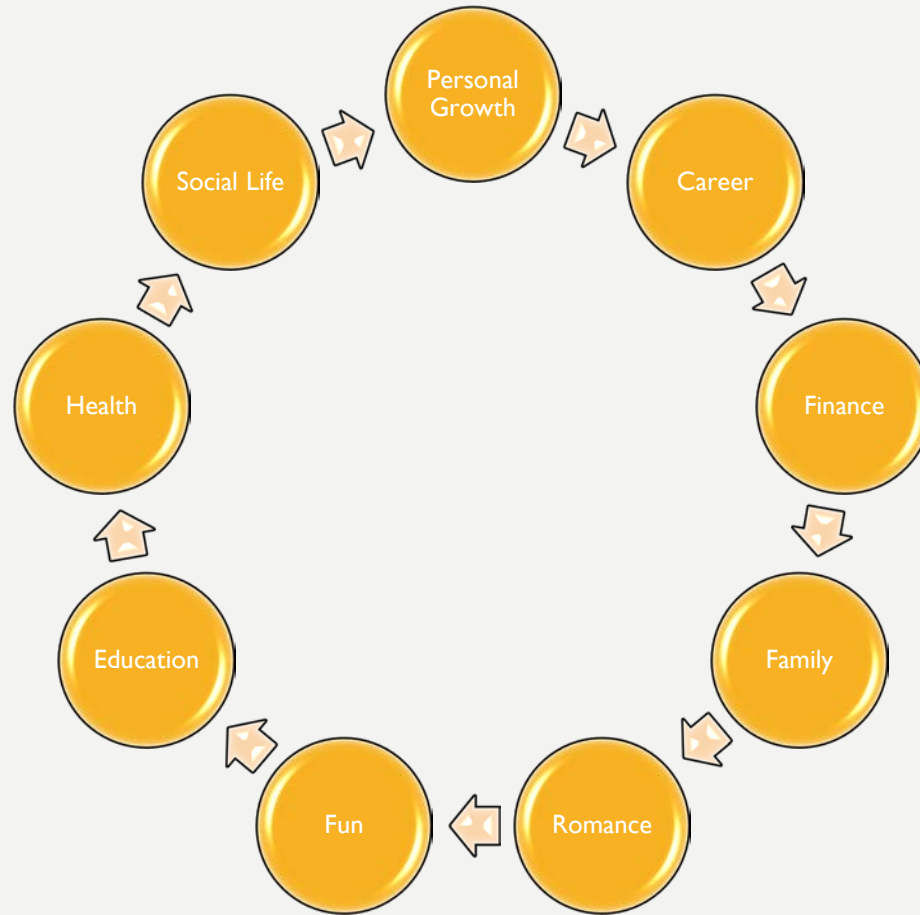


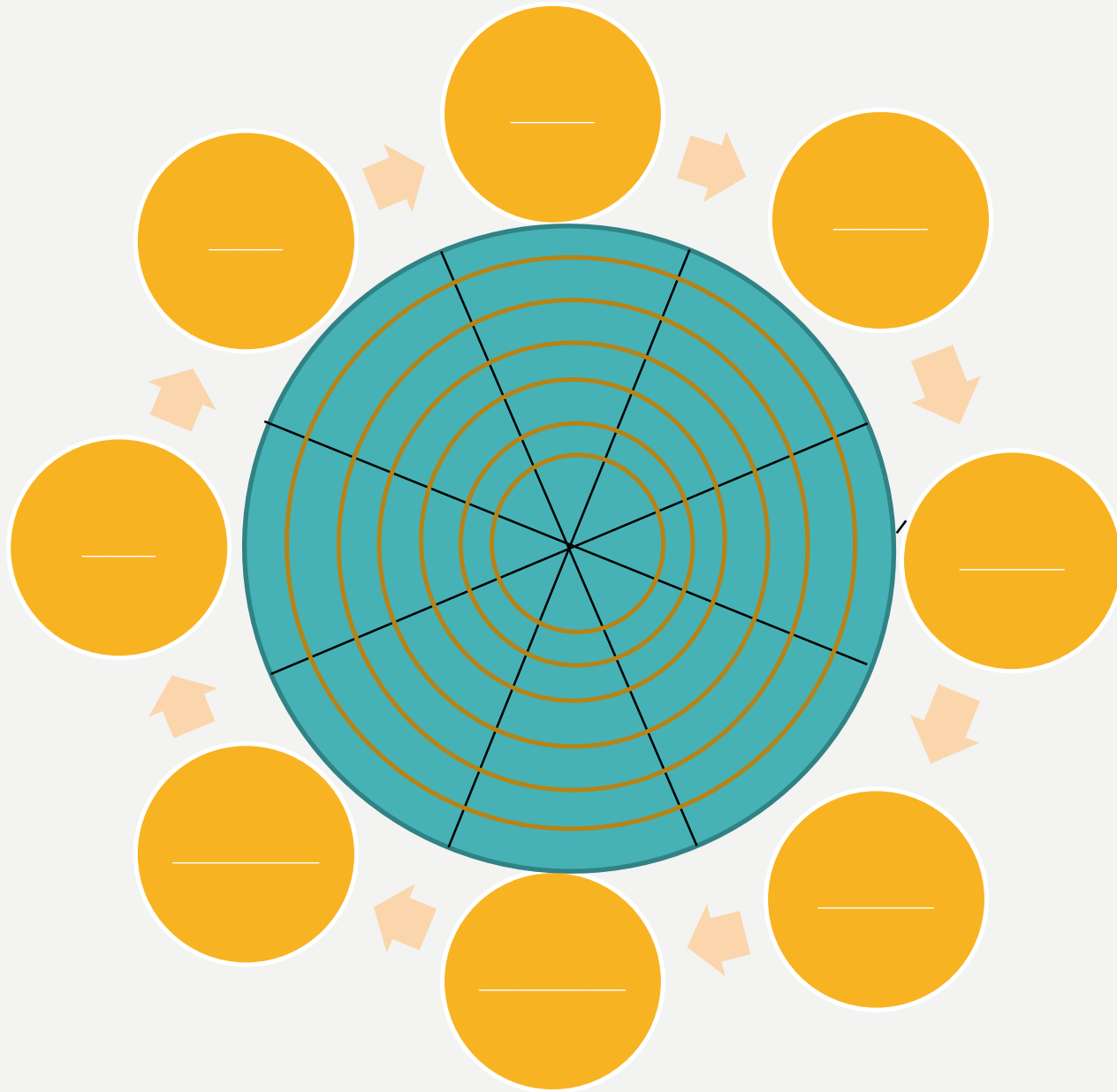
# ACTIVITY 1: WHEEL OF LIFE



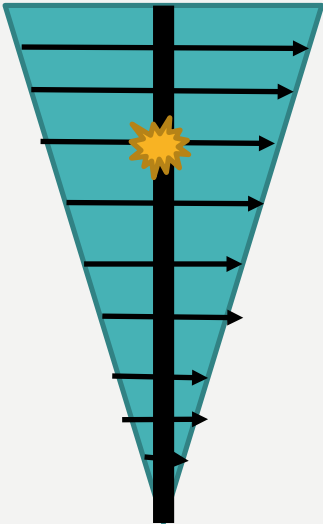
**Overall Goal:** Develop a well balanced wheel in your life.

What areas of your life would you like to improve in order to get the wheel in motion and maintain a well-balanced motion?

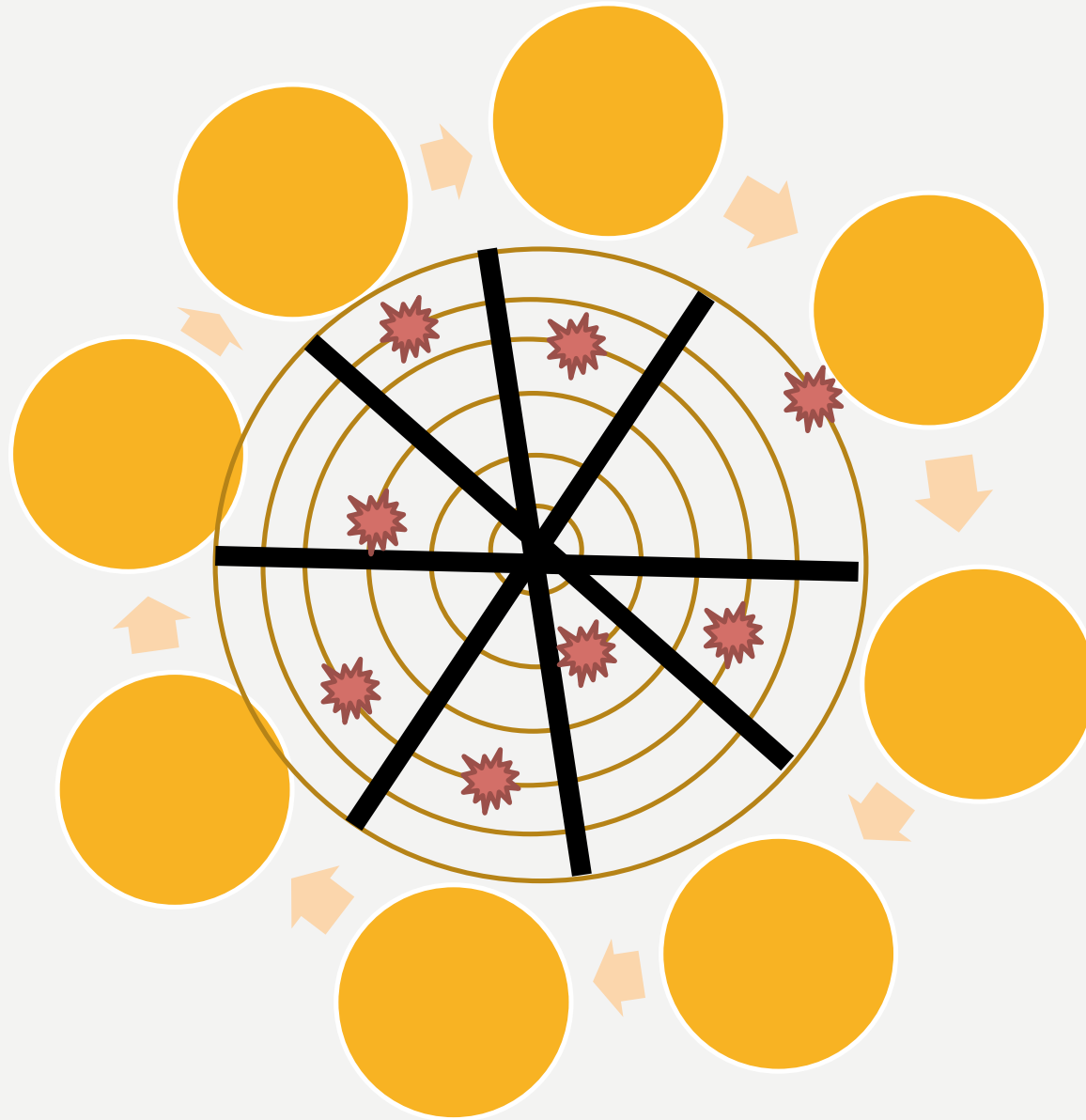
What steps/actions do you need to tackle in order to do this?



**Step 1:**  
In each sector, rate yourself (0-10) on the vertical line to where you believe you currently stand on each topic.



Example:  
Finance



**Step 2:**  
**After rating**  
**yourself on each**  
**focus area,**  
**connect the dots**  
**and see if you**  
**form a well-**  
**balanced wheel.**

If it is not a well-balanced wheel, take a look at the area/s that are making it unbalanced. This would be a great place to start creating a goal.

# PRIORITIZING YOUR GOALS

How do you decide what to do first?

How do you adjust your goals?

**This is called prioritizing.**

**Prioritizing** means that you decide what is most important to you right now. All of your goals are important, but it's impossible to work on all of them at once.

1

- Choose what is most important right now.

2.

- Focus mainly on that goal.

3.

- Add additional goals as you become comfortable with your efforts.

4.

- Being flexible is important. Change your focus on goals as your life changes.