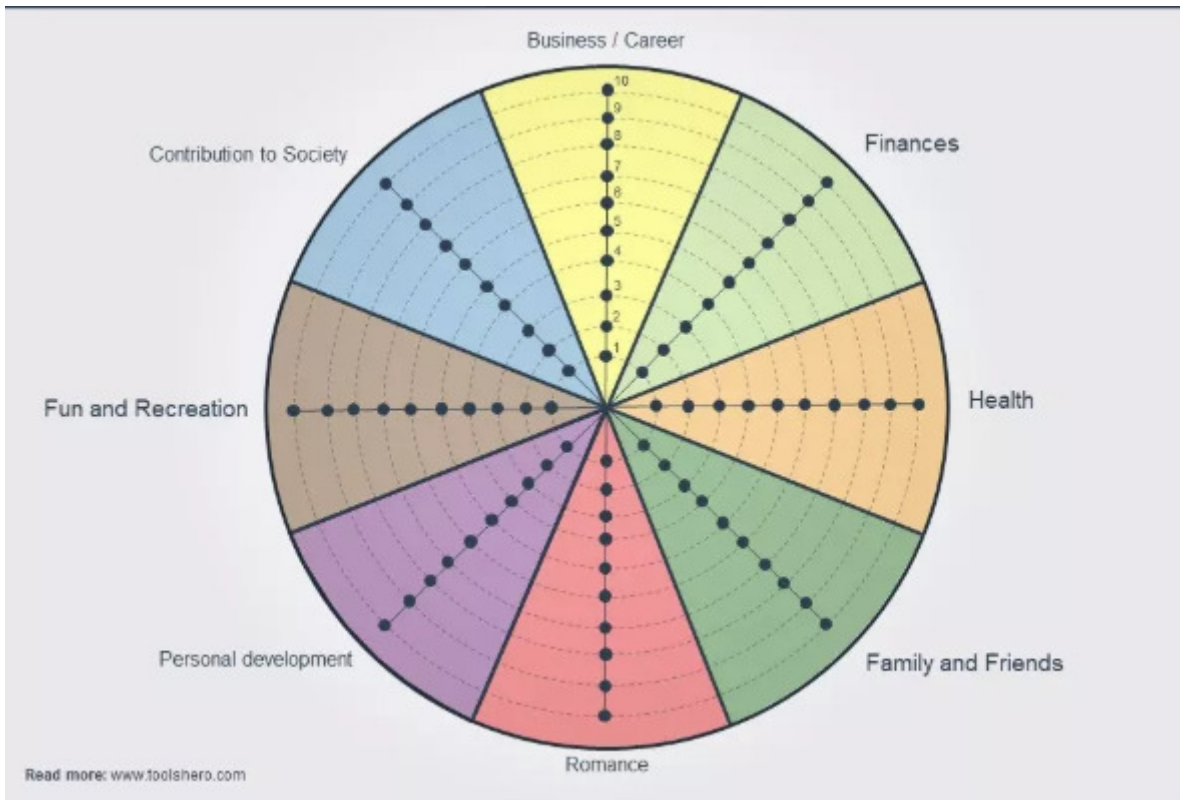


Wheel of Life®

The Wheel of Life diagram below is a tool for you to use to set your New Year goals in an attempt to bring more balance to your life and create happiness and success. It focuses on eight components to wellness. It is intended to identify how you spend your time and if you feel its satisfying. It creates a way for you to self-reflect and may bring into focus those areas you'd like to change. What you pay attention to manifests. Important concept to keep in mind because if you focus on negative, you will only get more negative! What you think, governs your actions. It's a New Year! A new decade! Open your eyes to what you truly want (2020 Vision!!!) and stay focused. You can make this YOUR year to shine!



How does the Wheel of Life work?

Every slice of the pie represents a category. Each of these slices can be assigned a value of 1 (very bad) to 10 (very good).

The value of 1 is closest to the center of the circle and the value 10 is at the edge of the circle. After filling it in, connect the dots to create a new circle. How bumpy is it? It is now possible to see at a glance what categories score less and where you may need to shift your focus.

Every part influences one's individual life. By completing the wheel in all honesty and correcting it if needed, you find out what is going right and which parts may need more attention. The more extreme the number, the more improvement that category could use. When filling in the Wheel of Life, it does not matter where you begin.

Now, set your S.M.A.R.T. goal for one of those categories in need of attention.



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