

# THE WHEEL OF LIFE

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Where do your priorities lie?

Why do you never have enough time?

Do you focus too much on certain aspects of your life at the expense of others?



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# THE 8 ASPECTS OF LIFE...

Begin by going through all 8 aspects of life and rating your satisfaction from 1 to 10. 1 being the lowest and 10 being the highest. Read the guiding questions below for direction.

## 1 FAMILY & FRIENDS

1. *Do you have enough of a support system?*
2. *Are you socializing enough to satisfy your needs?*
3. *Do you have a healthy relationship with your family?*

## 2 FUN & LEISURE

1. *In general, are you enjoying yourself?*
2. *Do you engage in activities that you like?*
3. *Are you regularly having "fun"?*

## 3 PHYSICAL ENVIRONMENT

1. *Are you satisfied with your house, community and surroundings?*
2. *Do you feel comfortable where you live?*
3. *Does your environment help contribute to your success & happiness?*

## 4 PERSONAL HEALTH

1. *Are you healthy enough to everything you want to do?*
2. *Do you currently have any health concerns that are holding you back?*



# THE 8 ASPECTS OF LIFE...

Begin by going through all 8 aspects of life and think about your satisfaction in each of these areas. Read the guiding questions below for direction.

## 5 ROMANTIC LIFE

1. *Do you feel loved?*
2. *Are you satisfied with your romantic life?*
3. *Are you getting sufficient support?*

## 6 BUSINESS & CAREER

1. *Is your career where you want it to be?*
2. *Do you feel headed in the right direction?*
3. *Are you passionate about what you do?*

## 7 FINANCES

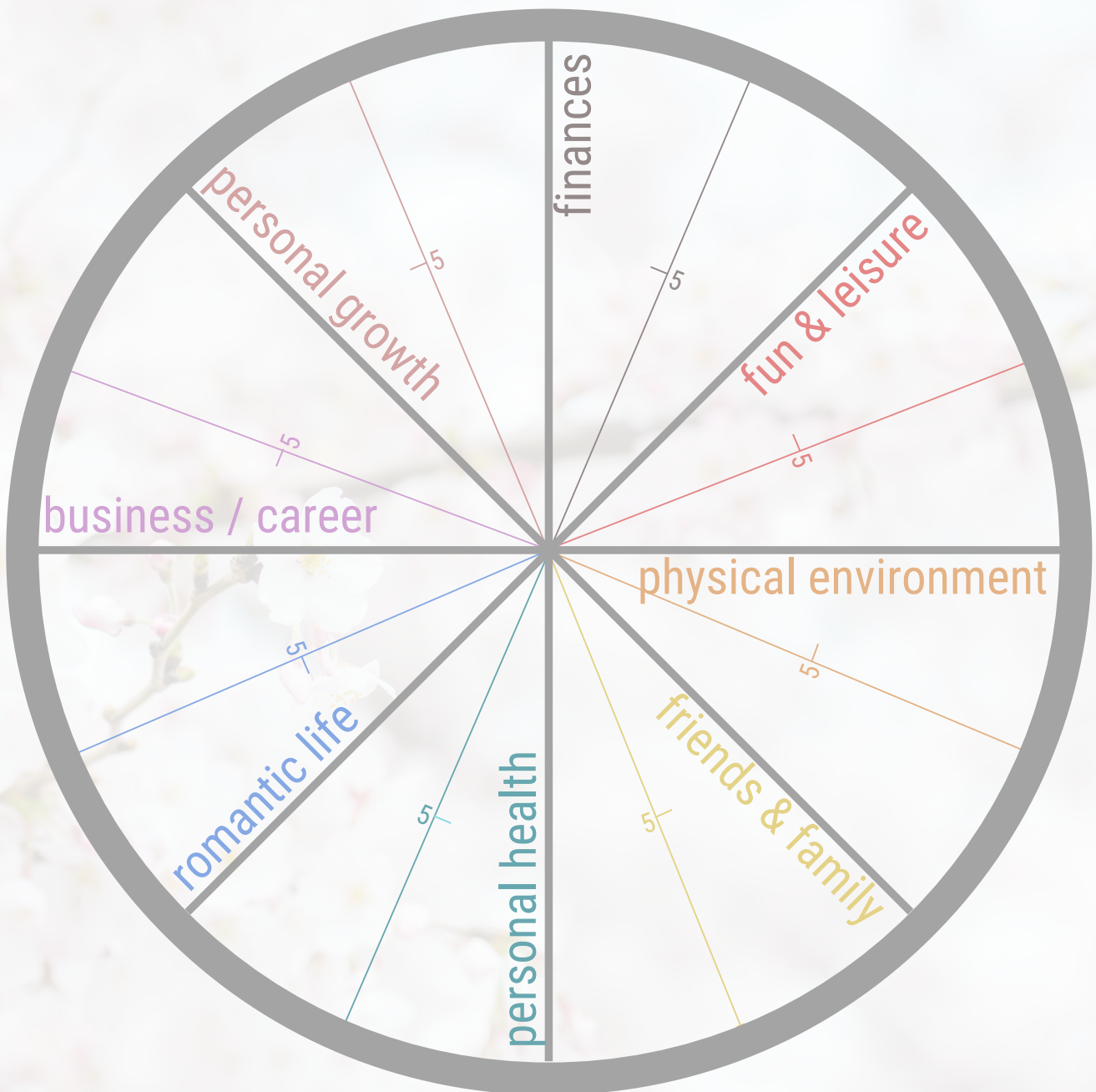
1. *Are you earning enough to satisfy your needs?*
2. *Do you feel like your financial situation is holding you back?*
3. *Are you setting yourself up for the future?*

## 8 PERSONAL GROWTH

1. *Are you continuously learning?*
2. *Do you regularly take time to work on yourself?*

# BUILDING THE WHEEL

Go through each aspect and rate your satisfaction from 1-10. 1 being the lowest, 10 being the highest. Draw a tick at that number. Connect the dots between each of the 8 aspects with lines.





# WHAT DOES IT MEAN?

The wheel of life serves as a visual representation of where you set your priorities. This is not to be looked at with judgment, but simply as an objective view of where you may be focusing your time, and how focusing fully on certain aspects may cause you to neglect others.

## The two aspects I prioritise are...

*Write down your two highest rated aspects.*

1. \_\_\_\_\_
2. \_\_\_\_\_

## The two aspects I need to focus on are...

*Write down your two lowest rated aspects.*

1. \_\_\_\_\_
2. \_\_\_\_\_

## One thing I can do now to balance out my wheel...

*Write down 1 thing you can do now to increase your satisfaction for each of the two lowest rated aspects above.*

1. \_\_\_\_\_
2. \_\_\_\_\_

Check in with your wheel of life regularly. Our priorities in life are constantly shifting, but the goal is to keep them as balanced as possible. You want to avoid the focus on one aspect to come at the detriment of others. A wonky wheel won't roll.

Have a wonderful month ahead,

*xxx Victoria*