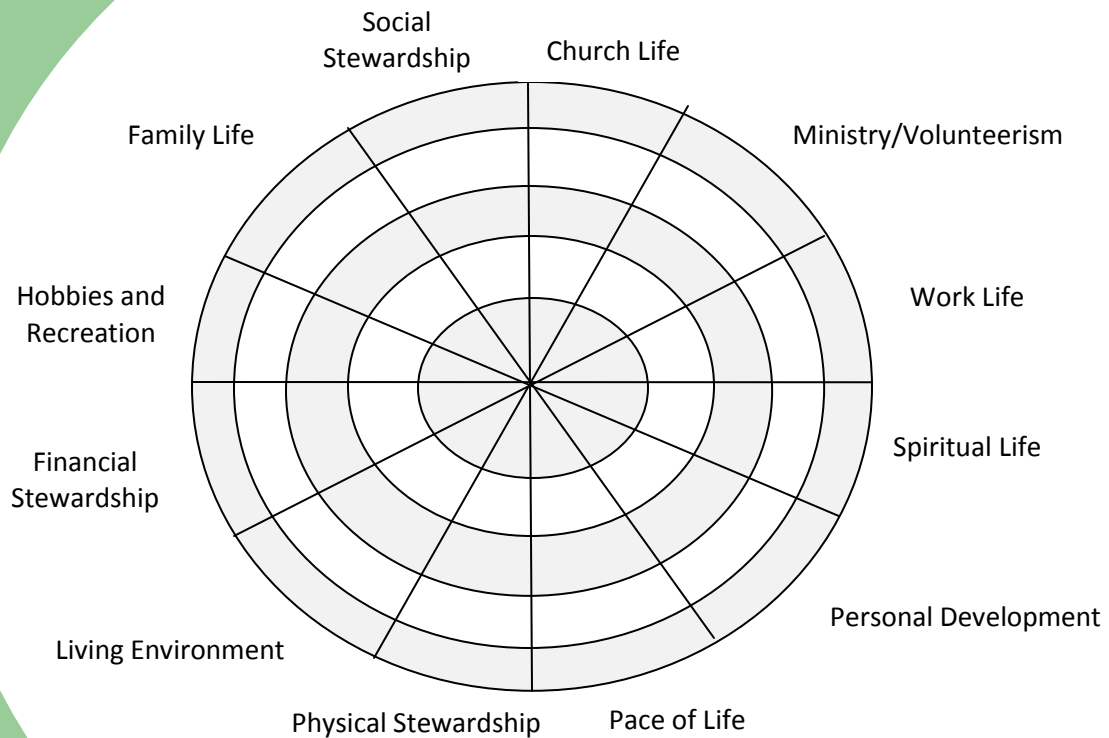


Wheel of Life



This is a simple exercise to help you get in touch with how you feel about your life. For each of the sectors on the chart, rank yourself from 1 to 10: "How satisfied am I with this area of my life?" For example, if you are feeling great about your Personal Development, you might give yourself a "9," so shade in nine tenths of the Personal Development sector, starting from the inside. When you complete the exercise, write in your 2 weakest sectors below. Write out a SMART goal for both sectors and 3 steps you can take to work toward your goal in that area.

S.M.A.R.T. Goals

Weak Sector #1

Goal: _____

Step #1: _____

Step #2: _____

Step #3: _____

Weak Sector #2

Goal: _____

Step #1: _____

Step #2: _____

Step #3: _____