

Your North Star

DEFINING YOUR VISION

at
**HER
BEST**

My Priorities

The Wheel of Life is a common coaching tool which is used as an easy way to take stock of your life as it is today; to show you where your life is 'out of balance', and the areas where you want to focus on improving.

Follow the steps below to start making positive changes in your life today.

DIRECTIONS

Consider the labels— edit/rename labels as you'd like. Shade in the slices based on satisfaction of 0-10, where 0 is at the centre of the wheel, and 10 is on the rim.

Where does your life look 'in balance' or need your attention? What areas are you already very happy with/grateful for? Being grateful for what you have can help you realize things aren't as bad as they may think.

Which 3 areas would you like to improve? Consider about what you want to achieve. What does 'success' in this area mean to you and how does it relate to your values? Take action by applying insights from this activity to the goal setting sheet.

Remember, progress over perfection!

