



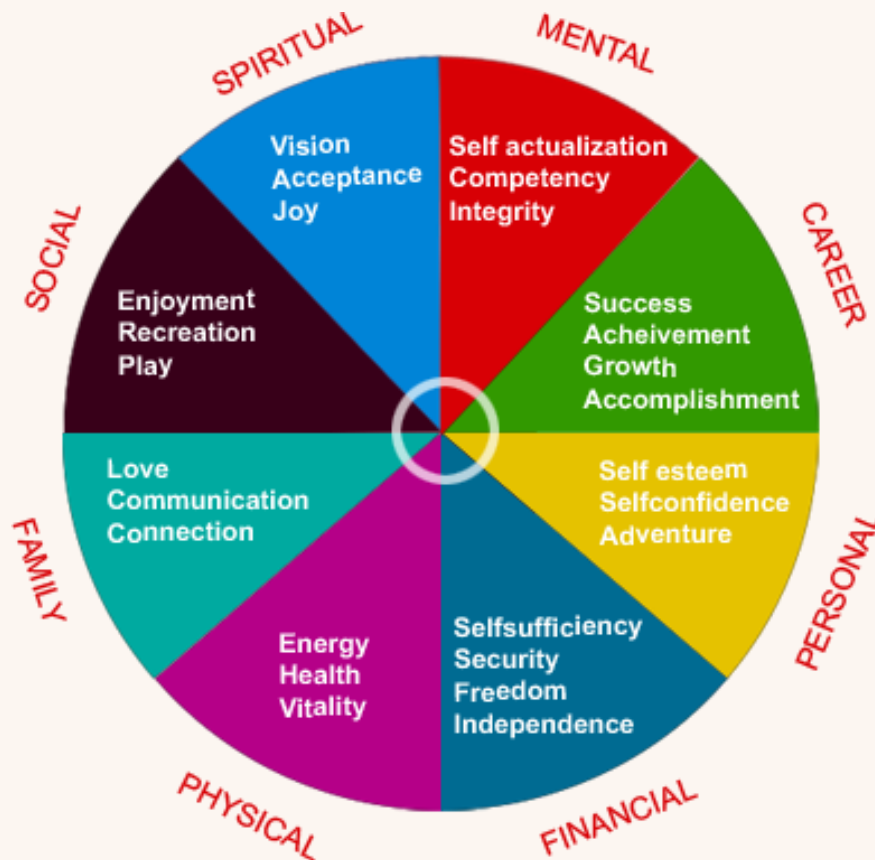
WHEEL OF LIFE

# WORKBOOK



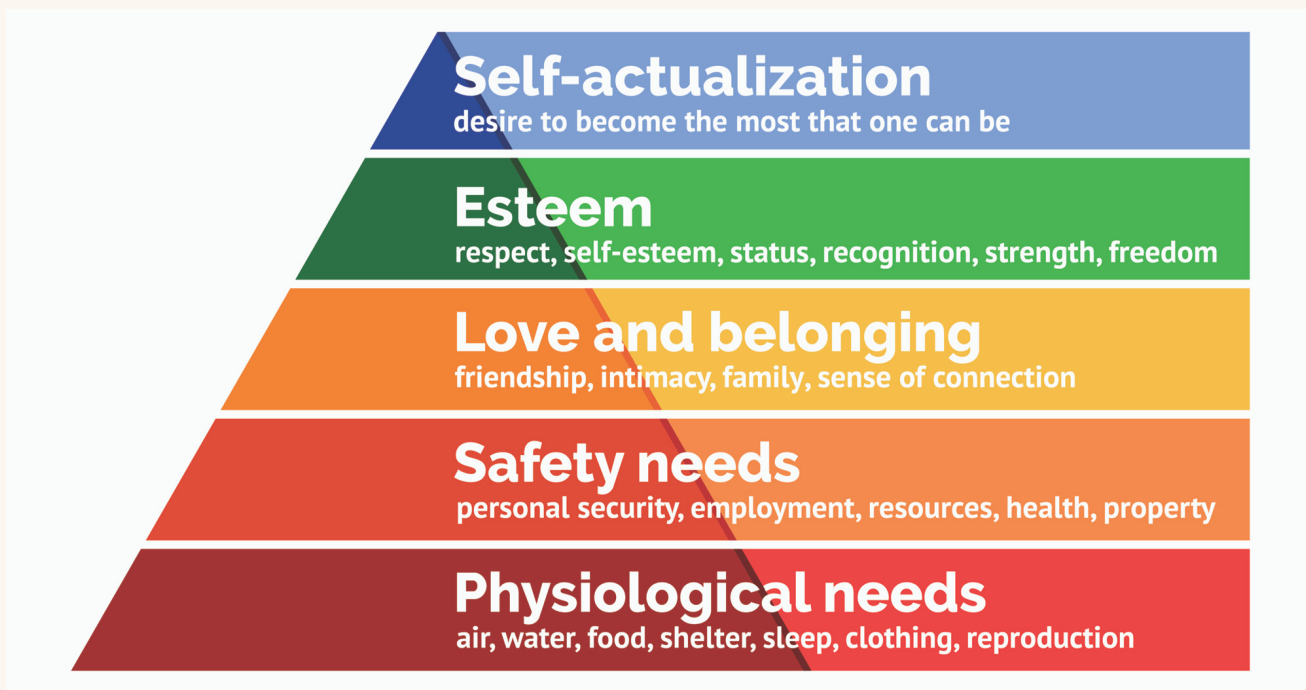
BY STEPHANIE RODRIGUEZ

# The Wheel of Life



The wheel of life considers each life aspect important. Your first coaching exercise is to consider each aspect of your life, rate each aspect on a scale of 1-10, get real about where you are in each aspect, and create a plan to get to a 10 in each area.

# Maslow's Hierarchy of Needs



Maslow's Hierarchy of Needs is the pyramid of self-actualization. The pyramid illustrates how to "level up" in your life from getting your basic needs met to gaining confidence and working from the point of desire rather than desperation.



# Mental Aspect

**Name:**

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**Section:**

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**Date:**

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**Score:**

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## Review the Mental Life Aspect

Fill out your Name. Section is Mental Health. Write the Date. Fill out your mental health score on a scale of 1-10. Consider where you are on Maslow's Hierarchy of Needs, Be Honest about your Integrity, and if you are mentally competent. Consider your level of intelligence, whether you are suffering from a mental health issues, medications you take that affect your mental health, and what your mental health triggers are.

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# Career Aspect

**Name:**

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**Section:**

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**Date:**

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**Score:**

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## Review the Career Life Aspect

Fill out your Name. Section is Career. Write the Date. Fill out your career aspect score on a scale of 1-10. Consider where you are in your career. Do you have the job you want? Are you running the business you want? Do you want something completely different? Are there improvements that need to be made? Are you successful? What have you achieved? What are your accomplishments? What more do you need to learn?

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# Personal Aspect

**Name:**

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**Section:**

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**Date:**

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**Score:**

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## Review the Personal Life Aspect

Fill out your Name. Section is Personal. Write the Date. Fill out your personal aspect score on a scale of 1-10. Consider where you are in your personal life. How is your self-esteem, self-confidence, and sense of adventure? Do you try new things? Are you open-minded? Are you confident in your personal abilities? Do you have high or low self-esteem? Do you feel like you are superior, or not good enough? What personal achievements have brought you the most joy? Be honest about where you are.

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# Financial Aspect

**Name:**

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**Section:**

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**Date:**

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**Score:**

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## Review the Financial Life Aspect

Fill out your Name. Section is Financial. Write the Date. Fill out your financial aspect score on a scale of 1-10. Consider where you are in your financial life. Is the money in your current accounts sufficient for you? Is your income sufficient to cover your needs? Do you have savings or retirement? How many streams of income do you have? Are all your eggs in one basket? Can you take time off, take a vacation, buy the things you want? Be honest about your financial health.

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# Physical Aspect

**Name:**

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**Section:**

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**Date:**

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**Score:**

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## Review the Physical Life Aspect

Fill out your Name. Section is Physical. Write the Date. Fill out your physical life aspect score on a scale of 1-10. Consider where you are in your physical life. What is your energy level like? How is your health and vitality? Are you over or under weight? What is it about your physical body that you don't like? What do you like about your body? Be honest about where you are.

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# Family Aspect

**Name:**

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**Section:**

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**Date:**

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**Score:**

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## Review the Family Life Aspect

Fill out your Name. Section is Family. Write the Date. Fill out your family aspect score on a scale of 1-10. Consider where you are in your family life. Are your family's physiological needs being met, and are you secure they will continue to be met? Is your home and neighborhood safe and secure? Do you have secure employment you can count on? Does your family have resources to get your needs met? Is there a sense of connection in your family? Does your family have status in the community? Are the bonds strong? Are family members the best they can be?

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# Social Aspect

**Name:**

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**Section:**

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**Date:**

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**Score:**

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## Review the Social Life Aspect

Fill out your Name. Section is Social. Write the Date. Fill out your social aspect score on a scale of 1-10. Consider where you are in your social life. Do you find enjoyment in social activities? Are you truly connecting with friends? Does your life include recreational activities? How often do you let loose and just play? Be honest about where you are.

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# Spiritual Aspect

**Name:**

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**Section:**

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**Date:**

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**Score:**

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## Review the Spiritual Life Aspect

Fill out your Name. Section is Spiritual. Write the Date. Fill out your spiritual aspect score on a scale of 1-10. Consider where you are in your spiritual life. What is your vision for your life? What does your future look like? Do you have a mindfulness or spiritual practice? Do you have a spiritual group? Have you accepted yourself? Do you regularly experience joy and bliss? What do you believe in? Be honest about where you are.

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LIFE COACH  
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## COACHING

### SELF-CARE COACH

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- Body
- Emotions
- Spirit

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## WHAT I CAN DO FOR YOU

### ADVOCACY

- Assist with problems you may be experiencing at work.
- Assist and help direct you where to report problems.
- Help bring a group together to work on city, state, or a national issue.
- Answer questions about unionization.

### BUSINESS CONSULTING

- Business restructuring
- Improving your Hiring Process
- Employee Retention
- Benefit Programs
- Moving to a Non-Tipped Workplace
- Employee Engagement
- Employee Satisfaction
- Reimagining A Sustainable Massage Industry

### TRAINING & MENTORSHIP

- Sales & Rebooking
- Leadership & Management Skills
- Integrating Spa Services into Your Practice

