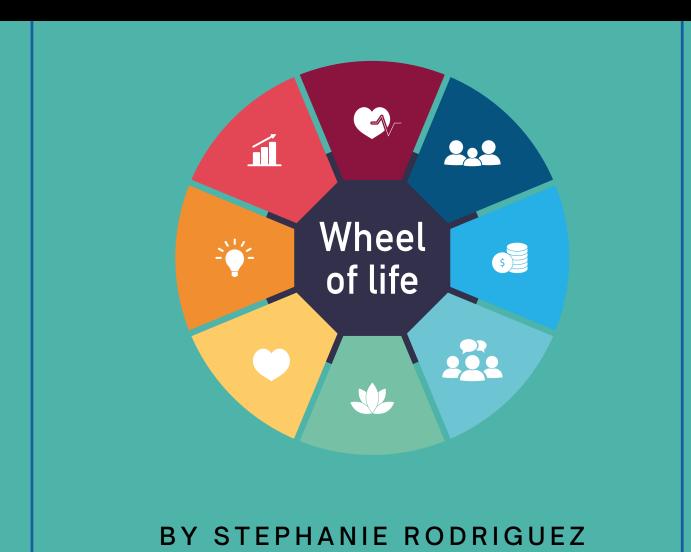
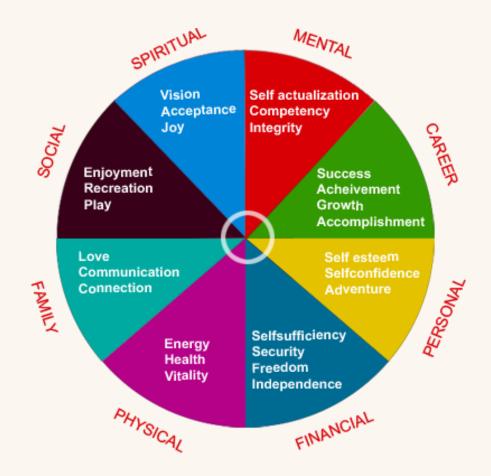


WHEEL OF LIFE

## WORKBOOK



### 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.

# Her And Says with And Mental Aspect

Name:	Section:	
Date:	Score:	
Review the Mental Life Aspec	et ·	
health score on a scale of 1-10. Cons Needs, Be Honest about your Integrity your level of intelligence, whether you	Health. Write the Date. Fill out your mental sider where you are on Maslow's Hierarchy of y, and if you are mentally competent. Consider u are suffering from a mental health issues, ir mental health, and what your mental health	



#### How to Improve The Mental Aspect of Your Life

Review each issue or barrier to getting to a 10 in your mental health. What can you do to get yourself to a "10". What needs to improve, and what specific and measurable steps can you take to improve your mental health, gain knowledge and intelligence, increase your self-actualization on Maslow's Hierarchy of Needs, and what steps can you add to your routines, or new habits can you forge that will boost this area of your life.



Name:	Section:
Date:	Score:
Review the Career Life Aspect	
job you want? Are you running the busing completely different? Are there improver	e you are in your career. Do you have the ess you want? Do you want something



#### How to Improve The Career Aspect of Your Life

Review each issue or barrier to getting to a 10 in your career. What can you do to get yourself to a "10"? What needs to improve, and what specific and measurable steps can you take to improve your career, gain knowledge and intelligence, increase your marketability, your personal brand, your image, and your skills? What steps can you add to your routines, or new habits can you forge that will boost this area of your life?



Name:	Section:
Date:	Score:
Review the Personal Life Asp	ect
aspect score on a scale of 1-10. Consisty your self-esteem, self-confidence, things? Are you open-minded? Are shave high or low self-esteem? Do you	nal. Write the Date. Fill out your personal insider where you are in your personal life. How, and sense of adventure? Do you try new you confident in your personal abilities? Do you ou feel like you are superior, or not good ints have brought you the most joy? Be honest



#### How to Improve The Personal Aspect of Your Life

Review each issue or barrier to getting to a 10 in your personal life. What can you do to get yourself to a "10"? What needs to improve, and what specific and measurable steps can you take to improve your personal life? How can you improve your self-esteem, self-confidence, and gain more adventure in your life? What steps can you add to your routines, or new habits can you forge that will boost this area of your life?



Name:	Section:
Date:	Score:
Review the Financial Life As	pect
aspect score on a scale of 1-10. Comoney in your current accounts sufficever your needs? Do you have say income do you have? Are all your e	cial. Write the Date. Fill out your financial onsider where you are in your financial life. Is the ficient for you? Is your income sufficient to vings or retirement? How many streams of eggs in one basket? Can you take time off, take t? Be honest about your financial health.



#### How to Improve The Financial Aspect of Your Life

Review each issue or barrier to getting to a 10 in your finances. What can you do to get yourself to a "10"? What needs to improve, and what specific and measurable steps can you take to improve your level of self-sufficiency, your sense of financial security, you financial freedom, and your independence? What steps can you add to your routines, or new habits can you forge that will boost this area of your life?

# Her And Says were And Physical Aspect

Name:	Section:	
Date:	Score:	
Review the Physical Life As	pect	
aspect score on a scale of 1-10. C is your energy level like? How is yo	ical. Write the Date. Fill out your physical life Consider where you are in your physical life. What our health and vitality? Are you over or under sical body that you don't like? What do you like t where you are.	



#### How to Improve The Physical Aspect of Your Life

Review each issue or barrier to getting to a 10 in your physical life aspect. What can you do to get yourself to a "10"? What needs to improve, and what specific and measurable steps can you take to improve your physical body? What can you do to increase your energy levels, improve your health, and gain vitality? How can you improve things about your body you don't like? What steps can you add to your routines, or new habits can you forge that will boost this area of your life?

# Her And Sharet

Name:	Section:	
Date:	Score:	
Review the Family Life Aspect		
score on a scale of 1-10. Consider whe family's physiological needs being met, met? Is your home and neighborhood so employment you can count on? Does yo met? Is there a sense of connection in y	and are you secure they will continue to be	



#### How to Improve The Family Aspect of Your Life

Review each issue or barrier to getting to a 10 in your family. What can you do to get yourself to a "10"? What needs to improve, and what specific and measurable steps can you take to improve your family life, improve your home & property, and increase your stability and security? How can you increase your resources? What steps can you add to your routines to increase connection, bonding, community standing and status. What steps can you take to help family become the best they can be?



Name:	Section:	
Date:	Score:	
Review the Social Life Aspect		
score on a scale of 1-10. Consider when enjoyment in social activities? Are you	Write the Date. Fill out your social aspect nere you are in your social life. Do you find a truly connecting with friends? Does your life often do you let loose and just play? Be honest	



#### How to Improve The Social Aspect of Your Life

Review each issue or barrier to getting to a 10 in your social life. What can you do to get yourself to a "10"? What needs to improve, and what specific and measurable steps can you take to improve your social life, bringing more fun, excitement, and enjoyment? What are some recreational activities you can add that will enhance your life? How can you bring more play into your life? What steps can you add to your routines, or new habits can you forge that will boost this area of your life?



Name:	Section:	
Date:	Score:	
Review the Spiritual Life Asp	ect	
aspect score on a scale of 1-10. Cor is your vision for your life? What does mindfulness or spiritual practice? Do	al. Write the Date. Fill out your spiritual nsider where you are in your spiritual life. What is your future look like? Do you have a poyou have a spiritual group? Have you experience joy and bliss? What do you believe	



#### How to Improve The Spiritual Aspect of Your Life



#### **Are Your Physiological Needs Met?**

Think about your most basic human needs. Air, Food, Shelter, Water. Are these needs met? If not, how can you get them met immediately? Are you getting enough sleep, do you have enough clothing, and are your reproductive / sexual needs met? If not, write how you plan to get all of these needs met as soon as possible. Only then, can you level up to get your safety needs met.



#### **Are Your Safety Needs Met?**

Consider your needs for safety. Do you have personal security? Do you feel safe in your life, relationships, friendships, etc? Do you have a back-up plan? Do you have employment or a steady stream of income (s)? Do you have resources and support you can fall back on if your plans fail? Are your health needs met, on a mind-body-spiritual level? Is your home and property safe? Has it been insprected? What can you do to ensure your safety immediately in all these areas?



#### Do You Feel a Sense of Love & Belonging?

Consider your sense of love and belonging. Do you have deep and meaningful friendships that fulfill your life? Do you have an intimate connection with someone in your life – not just sexually – but where you can be vulnerable? Do you have a sense of great love, devotion, and belonging in your family? Do you have a sense of connection with other individuals, groups, and acquaintances such as your coworkers, a religious community, or volunteer groups? How can you increase your sense of love and belonging with all of these individuals?



## Esteem

#### Do you feel a sense of esteem?

Do you have self-respect? Do you love yourself? Are you comfortable with your status and station in life? Is there anything about your status or station that needs to change? Do you give yourself recognition for your accomplishments? Do other people recognize your achievements, skills, and talents? Do you feel strong? What areas are your weaknesses? Do you feel a sense of freedom in your life to make decisions? Can you trust yourself to make the right decisions without input? How can you improve the esteem you give yourself and receive from others?



## Self-Actualization

#### Are you self-actualized?

Self-actualization occurs when you desire to become the most that you can be and consistently work towards it. It is only when your base physical and safety needs are met that you can enter the chambers of love and belonging and build your self-esteem. It is from the confidence in yourself that you develop a desire to move on to bigger and better things and become the most that you can be. Some may call this stage enlightenment and this process ascension. Where are you in relation to self-actualization, and in which aspects are you being your best and living your best life?



### Stephanie Rodriguez

USOLMT

PODCAST HOST

#### LET'S TALK

**BOOK A FREE 30-MINUTE CALL** www.usolmt.com/services

#### COACHING

#### **SELF-CARE COACH**

- Whole-Person Approach
- Mind
- Body
- Emotions
- Spirit

#### CONTACT

- 602-855-9039
- bethechange@usolmt.com



#### 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









