

# **Discover Your Wheel of Life**

Tools to Help You Reflect, Realign, and Take Action

How To Overcome Betrayal LLC

## Instructions (Version 1: Pre-Defined Life Domains)

### Step 1

The Wheel of Life provides a visual representation of your overall life satisfaction. In this version of the exercise, there are ten pre-defined life domains:

- Money & Finance
- Career & Work
- Health & Fitness
- Fun & Recreation
- Environment
- Community
- Family & Friends
- Partner & Love
- Growth & Learning
- Spirituality

### Step 2

Rate your level of satisfaction with each domain using the wheel (Fig. 1). A score of 1 indicates not satisfied, and a score of 10 means highly satisfied.

### Step 3

After rating each domain, connect the lines to form your personal inner wheel. This gives you a visual overview of your current life satisfaction. (See Fig. 3 for an example of a completed wheel.)

### Step 4

Reflect on the results:

How would you like to change the shape of your wheel?

Which domains draw your attention or need more focus?

### Step 5

When you're ready, contact me for a free consultation!

We'll explore your results and create a personalized action plan.

## Instructions (Version 2: Self-Defined Life Domains)

### Step 1

The Wheel of Life allows you to get a snapshot of your current life satisfaction. You are invited to choose up to 10 categories that reflect the different areas of your life.

If you feel stuck, give me a call — I'd be happy to offer examples to help you get started during your free 30-minute consultation.

Define your chosen life domains and include a brief description for each (see Version 2, Fig. 1 and 2).

### Step 2

Write the names of your chosen life domains in the outer rim of the empty wheel (see Fig. 2).

### Step 3

Rate your level of satisfaction with each domain using the wheel in Version 2 (Fig. 2). A score of 1 indicates not satisfied, and a score of 10 means highly satisfied.

### Step 4

Connect the lines to form your inner wheel. This gives you an overview of your current life satisfaction. (See Fig. 3 for an example of a completed wheel.)

### Step 5

Reflect on the results: Which domains draw your attention? For each area that stands out, ask yourself:

- Why does this domain need attention?
- What would it take to raise your satisfaction by one score?
- What actions could you take to improve this area?

### Step 6

When you're ready, book your free consultation — and we'll explore your results together!

## Thank You!

I hope this Wheel of Life exercise brings you fresh insight into your journey of healing and growth.

When you're ready to take the next step, I invite you to book your FREE consultation.

📄 <https://overcomebetrayal.com/schedule-appointment>

I look forward to working with you!

- Marquis Jackson

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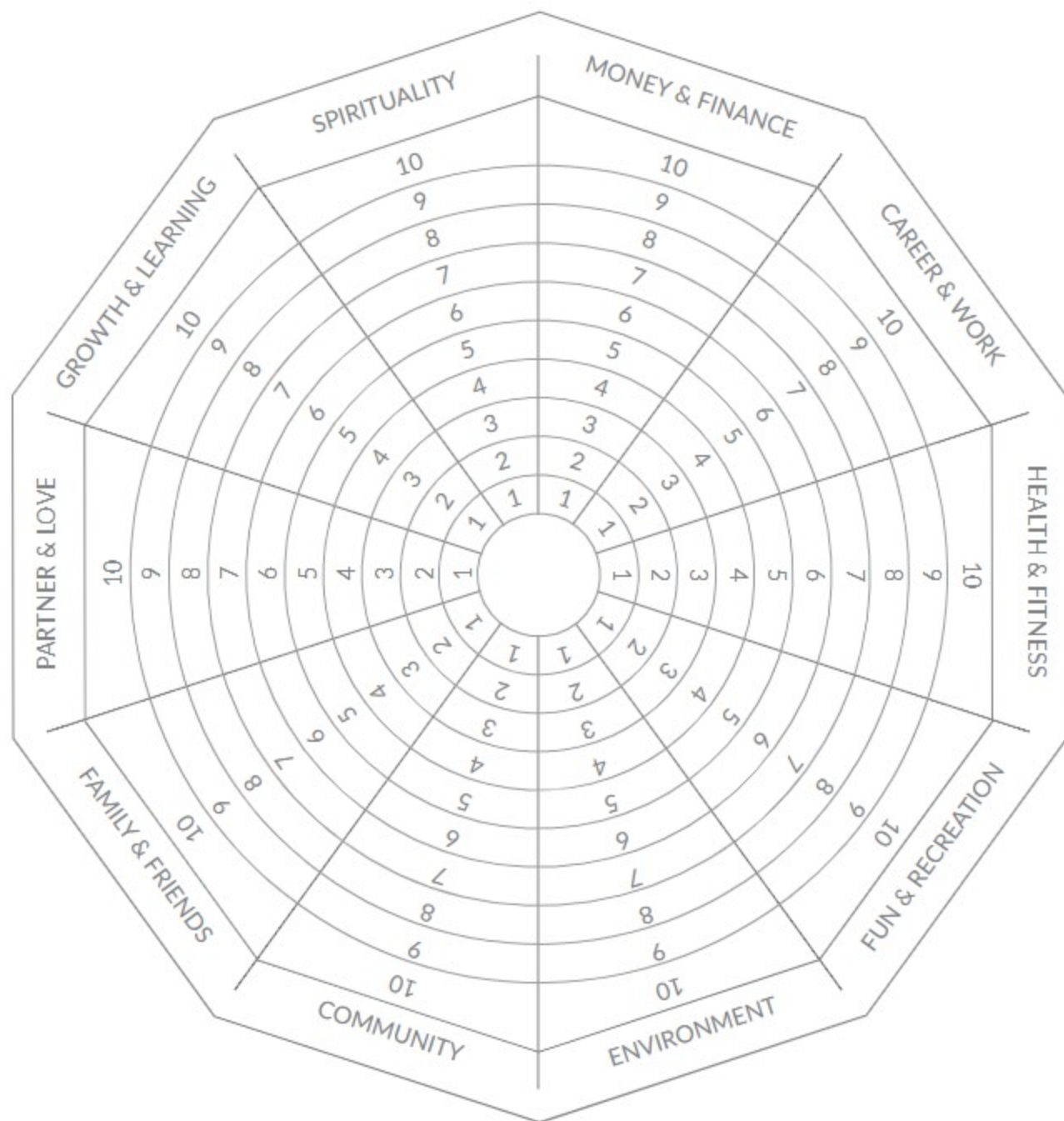
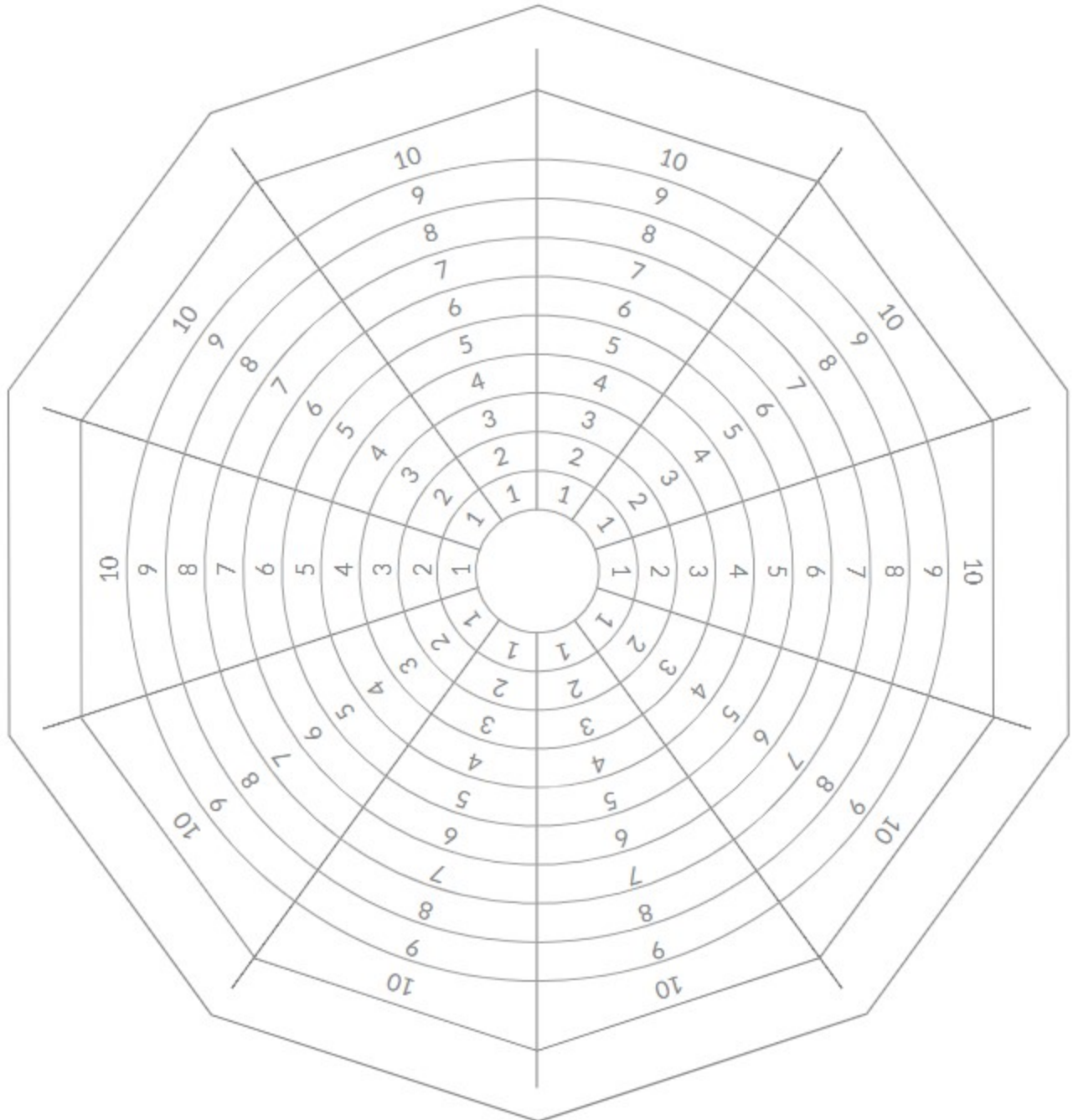


Fig. 2. The Wheel of Life with self-defined life domains



Life Domain 1:



Life Domain 2:



Life Domain 3:



Life Domain 4:



Life Domain 5:



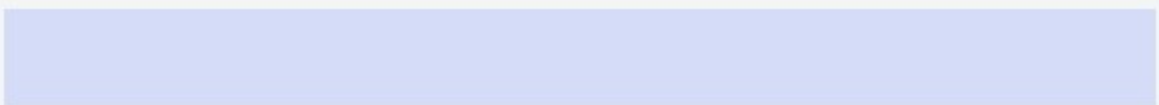
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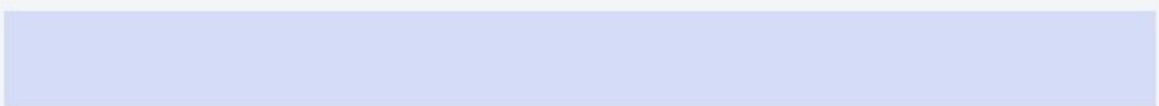
Life Domain 7:



Life Domain 8:



Life Domain 9:



Life Domain 10:

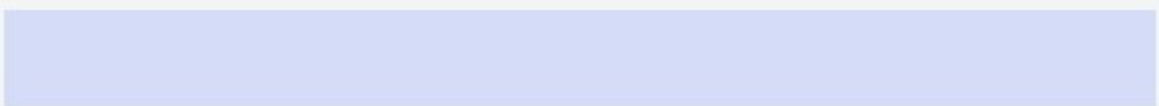




Fig. 3. Example of a completed version of The Wheel of Life

