

THE BOHEMIAN LIFE WHEEL

Living Your Becoming

How aligned is the life you've created?

Self-discovery is only the beginning.

You've explored your archetypes.

You've met your shadow.

You've uncovered your values.

You've discovered who you're becoming.

Now comes the real question...

Are you living it?

Because awareness changes nothing.

Embodiment changes everything.

The Bohemian Life Wheel is less about discovering who you are and more about noticing how fully you're living what you've already discovered.

Rather than measuring success, this is an invitation to pause, reflect, and gently observe the different areas of your life.

No judgment.

No perfection.

Only awareness.

Whether you revisit it every season or once each year, this self-assessment becomes a living snapshot of your becoming.

How It Works

Read each statement and rate how true it feels **right now**.

1 = Not at all true

10 = Completely true

Answer honestly.

You're not grading yourself.

You're simply noticing where your energy is flowing—and where it may be quietly asking for your attention.

Mind

Rate each statement from **1–10**.

- I regularly challenge my beliefs.
 - I'm learning and growing.
 - I make time for curiosity.
 - I understand my own thoughts, habits, and patterns.
-

Body

Rate each statement from **1–10**.

- I feel energized.
 - I care for my physical health.
 - I move my body in ways that feel good.
 - I listen when my body asks for rest.
-

Spirit

Rate each statement from **1–10**.

- I feel connected to something greater than myself.
 - I make time for reflection or stillness.
 - My life feels meaningful.
 - I trust my intuition.
-

Creativity

Rate each statement from **1–10**.

- I make time to create.
 - I express myself authentically.
 - I feel inspired more often than stuck.
 - I intentionally invite beauty into my everyday life.
-

Relationships

Rate each statement from **1–10**.

- I feel seen and valued.
 - I maintain healthy boundaries.
 - My relationships support who I'm becoming.
 - I spend time with people who inspire, encourage, and uplift me.
-

Adventure

Rate each statement from **1–10**.

- I'm exploring new experiences.
 - I try new things regularly.
 - I live intentionally rather than automatically.
 - I'm creating memories instead of simply repeating routines.
-

Purpose

Rate each statement from **1–10**.

- I know what truly matters to me.
 - My work or daily contributions feel meaningful.
 - I share something valuable with the world.
 - I'm intentionally building a life—not simply making a living.
-

Home

Rate each statement from **1–10**.

- My environment supports my wellbeing.
 - My space reflects who I am.
 - My home feels peaceful.
 - My surroundings inspire me.
-

Play

Rate each statement from **1–10**.

- I laugh often.
 - I rest without guilt.
 - I make time for joy.
 - My life feels enjoyable—not only productive.
-

Earth & Ether

Rate each statement from **1–10**.

- I feel grounded in everyday life.
 - I feel inspired by possibility.
 - I balance practicality with imagination.
 - I make space for both science and mystery.
-

Your Bohemian Life Wheel

Now it's time to bring your reflections to life.

Download or print your **Bohemian Life Wheel**.

Colour each section based on your ratings.

Step back and simply notice the shape you've created.

Some areas may feel full.

Others may reveal gentle invitations for growth.

Neither is good or bad.

They are simply showing you where you are in this season of your life.

Print it.

Colour it.

Reflect on it.

Keep it somewhere you'll actually see it.

Because growth isn't something you finish.

It's something you practice.

Reflection

Which spoke feels strongest right now?

Choose the area that feels most alive.

- ☐ Mind
- ☐ Body
- ☐ Spirit
- ☐ Creativity
- ☐ Relationships
- ☐ Adventure
- ☐ Purpose
- ☐ Home
- ☐ Play
- ☐ Earth & Ether

Which area feels ready for your attention?

Choose **only one**.

Trying to change everything usually changes nothing.

Growth begins with one intentional step.

- ☐ Mind
- ☐ Body
- ☐ Spirit
- ☐ Creativity
- ☐ Relationships
- ☐ Adventure
- ☐ Purpose
- ☐ Home
- ☐ Play
- ☐ Earth & Ether

One Tiny Action

What's one small action you'll take this week?

Not next month.

Not someday.

This week.

Ideas to get you started:

- ☐ Go for a walk
 - ☐ Read ten pages of a book
 - ☐ Journal for ten minutes
 - ☐ Meditate for five minutes
 - ☐ Call a friend
 - ☐ Declutter one drawer
 - ☐ Create something just for fun
 - ☐ Spend time outside
 - ☐ Book the class you've been thinking about
 - ☐ Cook yourself a nourishing meal
 - ☐ Watch the sunrise or sunset
 - ☐ Rest without apologizing
 - ☐ Write your own
-

Your Bohemian Promise

Complete the sentence.

This season, I'm choosing to become someone who...

A Letter to Your Future Self

Imagine yourself one year from today.

Write a letter to the person you're becoming.

Celebrate where you are.

Describe where you're going.

Remind yourself what truly matters.

Seal it.

Save it.

Open it one year from today.

Choose Your Word of the Year

Select a word that will gently guide this next season of your life.

Examples:

- Rooted
- Wild
- Intentional
- Curious
- Present
- Whole
- Brave
- Open
- Gentle
- Authentic
- Free

Or create your own.

My Word:

The Architecture of Becoming

There is no perfect score.

No ideal personality.

No finish line.

This wheel isn't measuring your worth.

It's revealing your awareness.

Some seasons ask us to build.

Others ask us to rest.

Some invite expansion.

Others invite healing.

Every season has its own wisdom.

The goal was never to become someone else.

It was always to remember who you are beneath the noise.

To live with intention.

To create with courage.

To love with openness.

To remain endlessly curious.

Because becoming isn't a destination.

It's a practice.

And every ordinary day offers another opportunity to choose it.

Welcome to the Collective.

Your becoming continues here.

Bohemia Collective