

2026

THE WHEEL OF LIFE

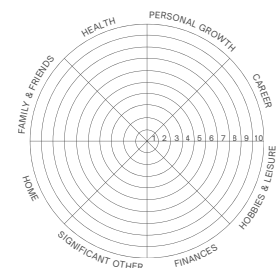
“Take the limits off of yourself. You will never rise higher than your thinking. Create a great vision for your life.” — Joel Osteen

Don't wait for January 1st to start transforming your life into a "Level 10" experience! The best moment to reflect and take action is always NOW! Follow these 4 steps to assess your current level of satisfaction in your major life areas and realize your best possible 2026 self!

Step 1: Define your eight areas of life

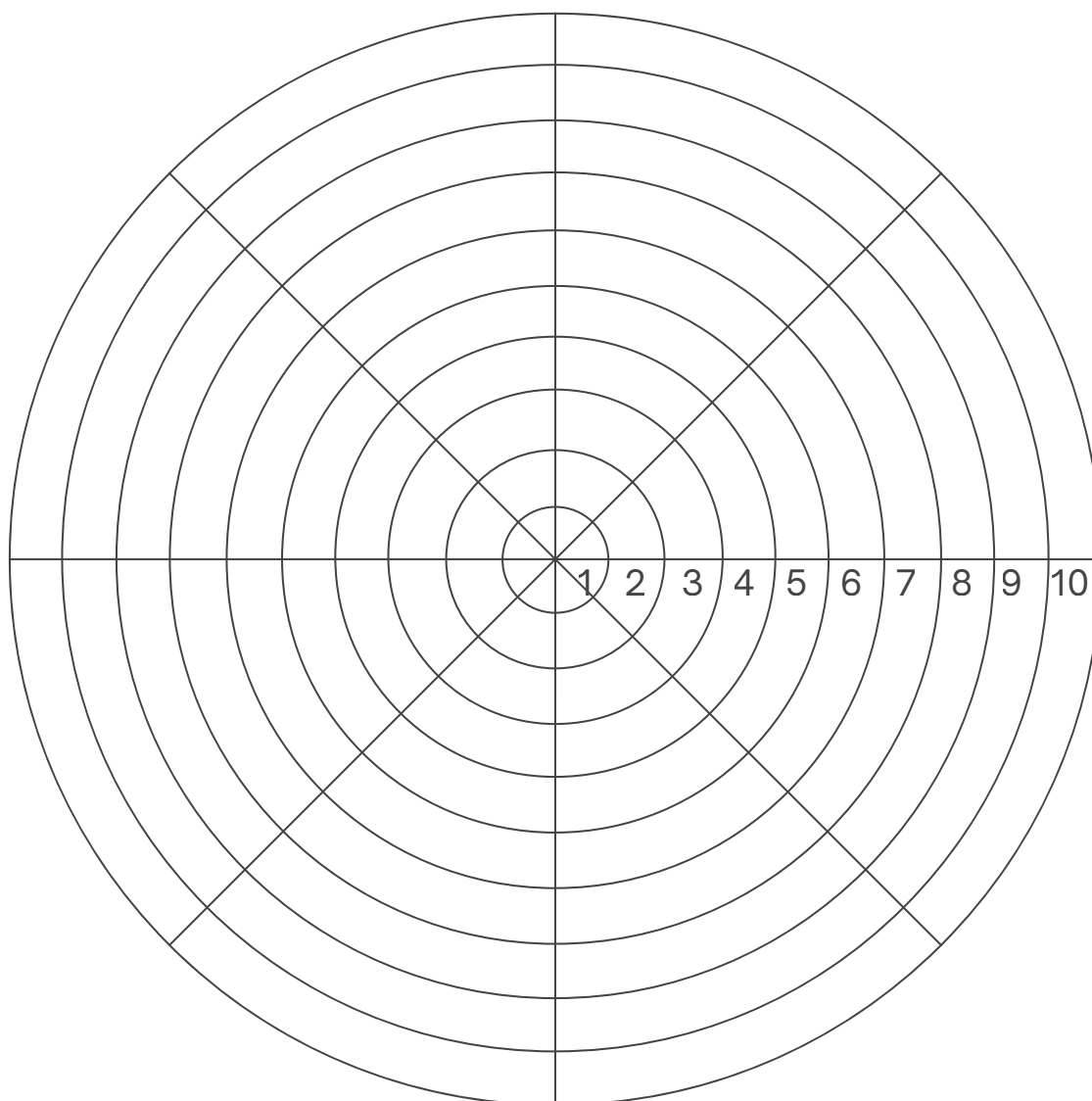
Think of your life as a wheel with eight key areas, each representing a different aspect of your wellbeing. These areas depend on your current situation and life goals and could include your work/job, career, physical health, happiness, mental health, friends, family, romantic relationship(s), dating, community, money, finances, personal development, education, living environment, hobbies, recreation, fun, passion project(s), travel, contribution, spirituality, etc. Take a minute to reflect on these categories and come up with eight areas that resonate most with you in this season of life. You can also combine two or more categories into one area, such as 'friends & family', or 'travel & leisure'. Once you've decided on the eight areas, add them to the wheel on the next page. *Here's an example:*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



Step 2: Rate each area on a scale from 1-10

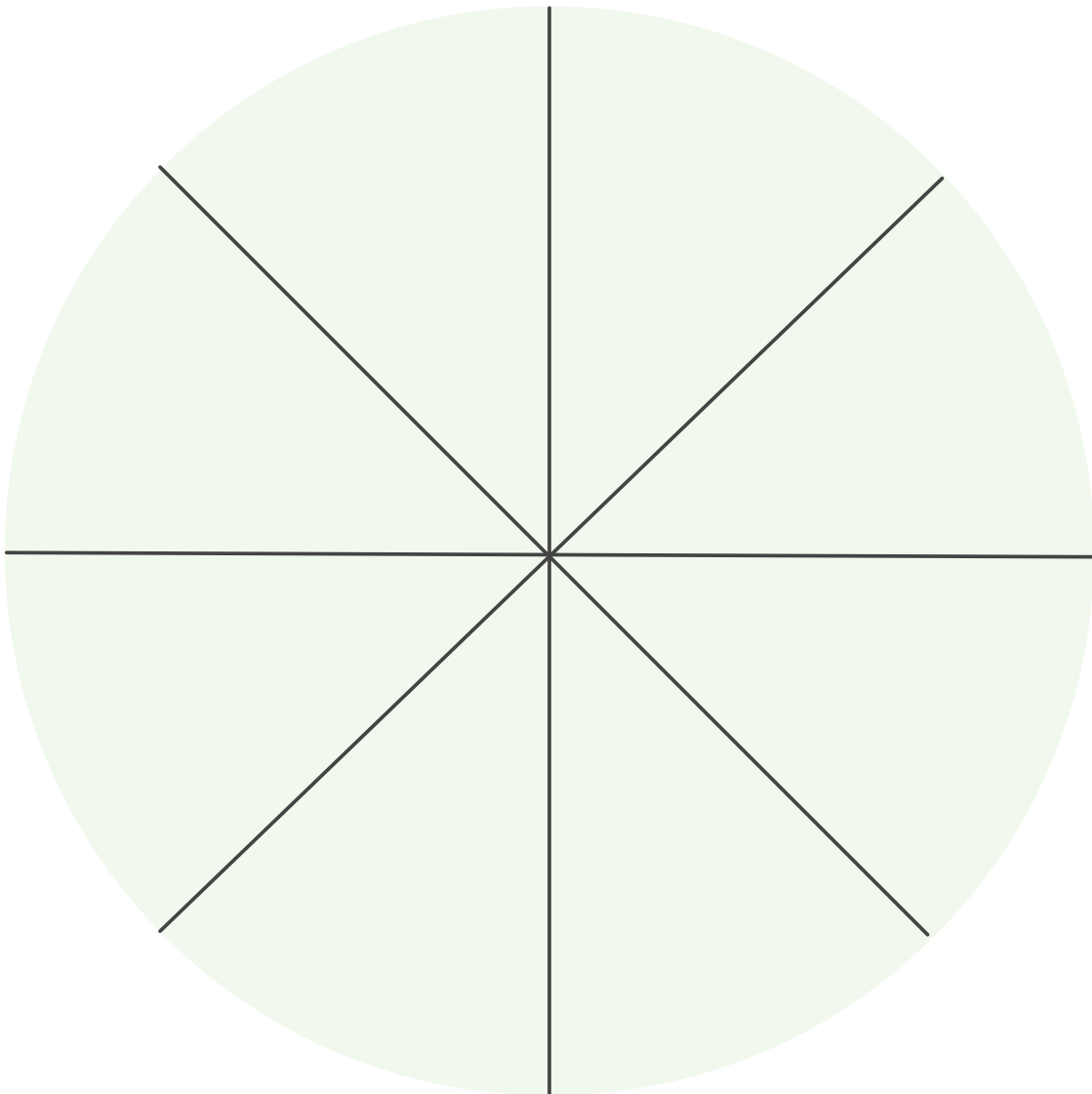
Now, on a scale from 1 to 10, with the center at "0," rate your current level of satisfaction and fulfillment in each of these areas. Just go with your gut and don't overthink the number you choose. There's no right or wrong here.



Step 3: Create a bold vision

Now, imagine waking up tomorrow, and all eight areas of your life have been miraculously transformed to a “10”. Envision being the happiest, healthiest, most successful version of yourself in every way imaginable. Dare to dream and think BIG (instead of “realistic”)!

Now, take a few minutes to write down how each major area of your life would look and feel like after this miraculous transformation. Be very specific and add as many details as possible.



Step 4: Take action

Finally, pick 1-2 areas that you want to improve significantly (starting today!) and answer the questions below.

Area #1: _____

Which 1-3 habit(s) can you establish NOW that will move you toward a “Level 10” in this area of your life? List them here:

- 1.
- 2.
- 3.

Which 1-3 one-time actions can you take THIS WEEK that will move you toward a “Level 10” in this area of your life? Schedule them immediately.

- 1.
- 2.
- 3.

Area #2: _____

Which 1-3 habit(s) can you establish NOW that will move you toward a “Level 10” in this area of your life? List them here:

- 1.
- 2.
- 3.

Which 1-3 one-time actions can you take THIS WEEK that will move you toward a “Level 10” in this area of your life? Schedule them immediately.

- 1.
- 2.
- 3.