

YOUR WHEEL OF LIFE!

The **“MPOWER Wheel of Life”** is a tool which shows eight sections, that together represent one way of describing a whole life. It is designed for you to see some important aspects of your life to show where attention actually is and where attention is not. Hence the reason for Complete Honesty (with yourself), or else it won't work. [Also do not be on unrealistically hard on yourself, that would not be honest either.]

The idea of this exercise is— it measures your level of satisfaction in these areas on the day that you complete it. It is not a picture of how it has been in the past or even how you want it to be in the future. The **“MPOWER Wheel of Life”** is a snapshot taken in your present moment. It is not a report card on how well you have been doing or what you have achieved. The emphasis is on your level of satisfaction in each area. It is designed to show you what balance in your life “currently” looks like.

Balance is a concept that is personal and unique to each individual— what may be a satisfying and balanced life for some, may be a stressful or boring life for others.

This exercise raises your awareness. It helps clarify priorities for goal setting and allows you to plan a life that is more satisfying and closer to your definition of balance.

Another option that may also be useful to you is to have someone that knows you well to fill this out for you. Sometimes it's helpful to see an outside perspective of “your life” balance. [Important side note— This must be someone that you trust and whose opinion you value; but bear in mind sometimes people have hidden agendas.]

Once complete we would love to talk to you about the results.

Please feel free to reach out via the “Contact Us” tab at www.mpowertogetwealth.com

WE LOOK FORWARD TO HEARING FROM YOU SOON.

For Further Assistance
Please Visit “Contact Us” at
www.mpower-me.info

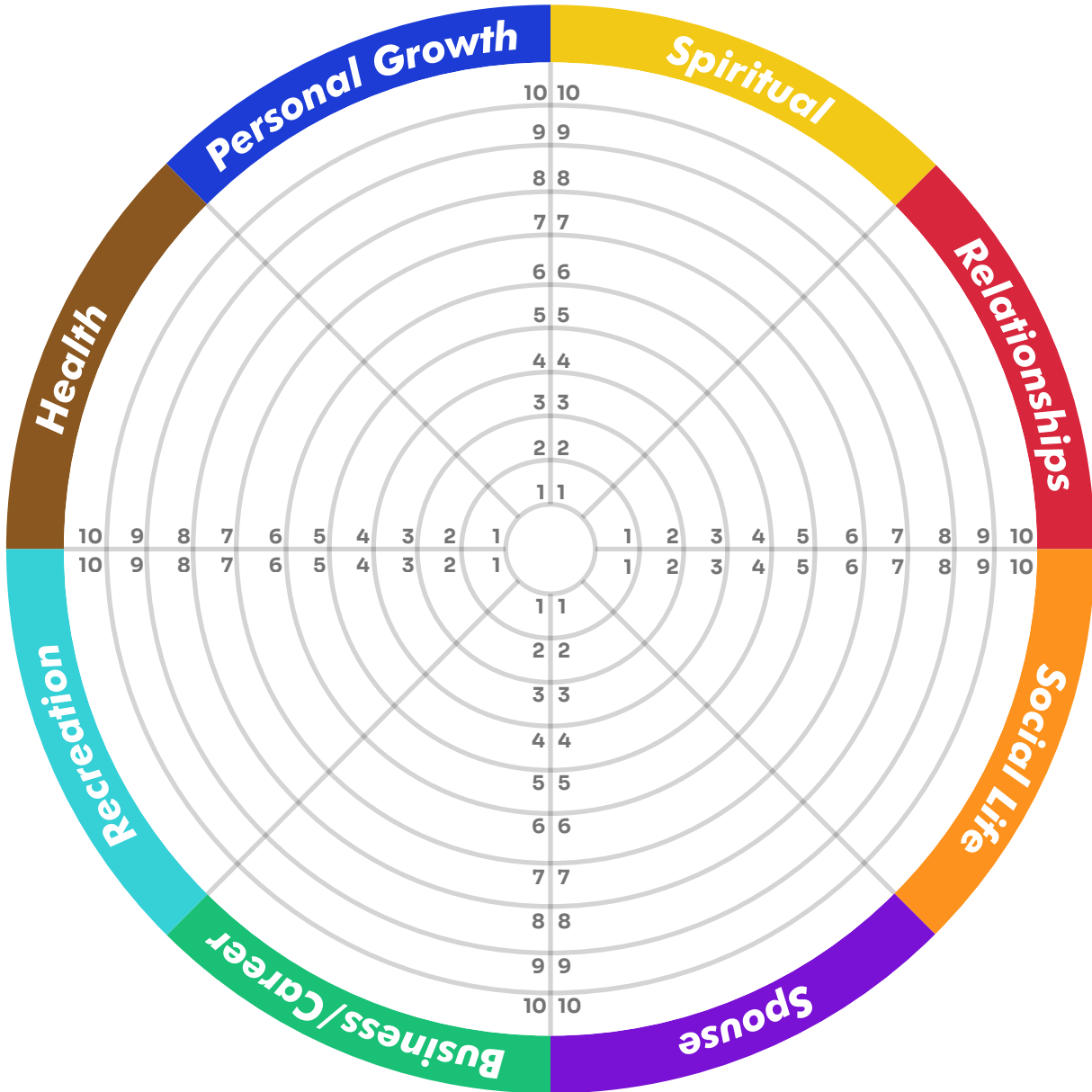
POMER
Success System

Your Wheel of Life!

“A false balance is abomination to the Lord...” – Proverbs 11:1a (KJV)

YOUR NAME:

DATE:



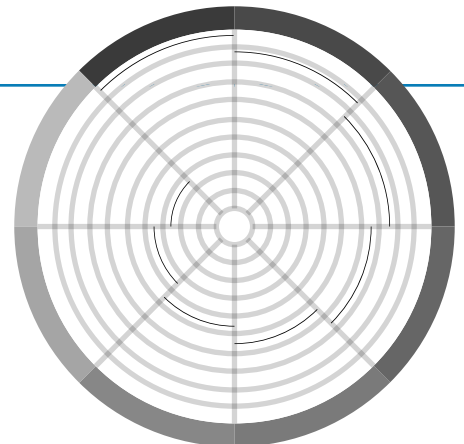
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Instructions to complete the Wheel:

Draw a line across each segment that represents your Current satisfaction score for each area.

- ✓ The center of the wheel is 0 and the outer edge is 10
- ✓ Choose a value between **1 (very dissatisfied)** and **10 (fully satisfied)**
- ✓ Now draw a line and write the score alongside (see example)

IMPORTANT: Use the **FIRST** number (score) that pops into your mind, not the number you think it should be!



Your Wheel of Life!

The categories listed above; create a view of a balanced life. Once printed, If necessary, feel free to add in something that is missing, or re-label an area to make it more meaningful for you.

1. Spiritual- Where are you at in your faith? Not just going to Church (which is good), but personal time spent with God in prayer and in studying of Scriptures. Measure how you are building a deeper relationship with Him.

2. Relationships (i.e. Family)- Fathers, Mothers, Brothers, Sisters, Sons, & Daughters, etc. We can't always choose our family, but we can obligate ourselves to making the most of our relationships with them. What are your family relationships like?

3. Social Life (time with Friends, etc.)- Do you have a social life? Measure time spent just hanging out with friends.

4. Spouse (Significant Other)- This is separated from relationships above as in the sense this is some one that you choose. Measure your romantic life if you are married or dating. If not measure how you are building a deep personal bond with someone "significant" to you.

5. Business/Career- What is your level of satisfaction in this area?

6. Recreation- Measure the time you spend relaxing and doing something recreational.

7. Health- This is both Physical & Emotional Health. Measure how you are doing or what you are (if anything) in this area. (Feel free to split this section into 2 if need be.)

8. Personal Growth/Development- Measure your actions to be better here currently.