

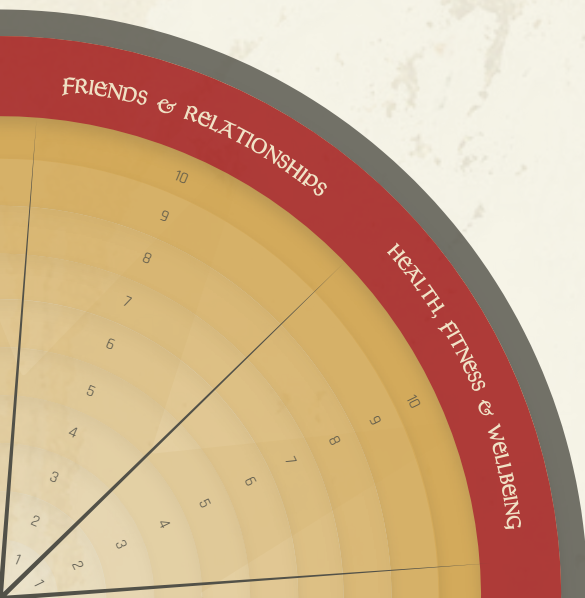
Adventurer's Wheel

An inside look at different areas of life

Now that you have created your Ultimate Adventure, it is time to take a deep look into your heart, soul and mind.

Thus I present you with the Adventurer's Wheel. Here we can see the different areas of your life.

Allow me to better define these areas:



Adventurer's Wheel Categories

FAMILY & PERSONAL LIFE- This is the quality and strength of the relationships that you have with members in your family. This could mean your parents and if you are married, your nuclear family (spouse and children) as well.

FINANCE & MONEY- This is your personal evaluation of the value that you are currently experiencing in your personal finances in comparison to where you would like to be ideally.

LIFESTYLE POSSESSIONS- This is your personal evaluation of the value that you are currently experiencing with your current worldly possessions. I.e. your house, car, and personal items such as your computer etc.

WORK & CAREER- This is your personal evaluation of how you feel and see your position in your current job, business, or sometimes both if you have a combination of the two.

SPIRITUAL LIFE- This is your personal evaluation of your spiritual life. You may or may not have a formal religion or spiritual relationship with a higher power. Regardless, you may Consider this a place for your inner intuition and wisdom.

PERSONAL GROWTH & EDUCATION- This is your personal evaluation of how you feel about your current growth and education. For ex. Do you feel that you are learning every day? Do you feel that you are growing in your current field or hobbies?

FUN & RECREATION- This is your personal evaluation on how fun your life is. For ex. Do you have fun hobbies that add joy to your life? Are you currently a part of communities that support you in fun and healthy ways? How are your hobbies going?

FRIENDS & RELATIONSHIPS- This is your personal evaluation on the quality and strength of your friendships.

HEALTH, FITNESS & WELLBEING- This is your personal evaluation of your overall Physical Health.

How would you rate yourself in this/these areas today?

Assess from 0-10 Each Area using the Key down below

Assessment Key

- 0 — Not Present whatsoever
- 1 — Next to nothing
- 2 — Heavily lacking in my life
- 3 — Only a little bit
- 4 — Could use more, but getting by
- 5 — Neutral, neither good nor bad
- 6 — Adequate amount in my life
- 7 — I'm content with what I have
- 8 — I'm more than content
- 9 — Generous abundance in my life
- 10 — It can't get any better than this



FAMILY & PERSONAL LIFE

10



FINANCE & MONEY

10



LIFESTYLE POSSESSIONS



WORK & CAREER



SPIRITUAL LIFE



PERSONAL GROWTH & EDUCATION



FUN & RECREATION



FRIENDS & RELATIONSHIPS



HEALTH, FITNESS & WELLBEING



Once you have assessed yourself, there is an important follow up question for you to ask yourself.

What would it mean to be a 10 in each particular area?
How would you get there?

The answers that you provide in this section could potentially be used as **Goals, Missions, or Quests.**

