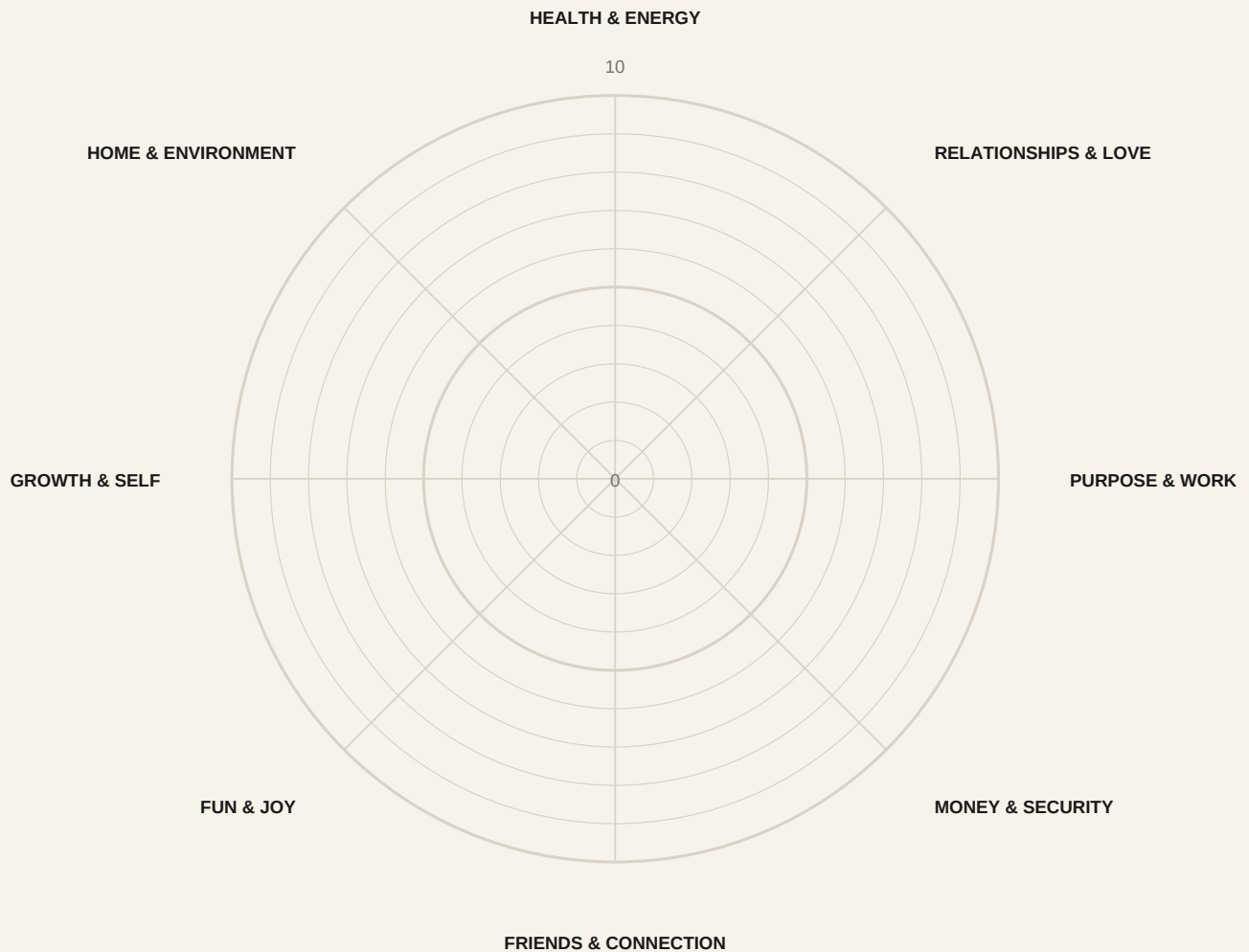




THE WHEEL OF LIFE

A snapshot of where you are - not a judgement of where you should be.

Score each area from 0 to 10. Trust your first response rather than the answer you think you should give.



YOUR SCORES

Type 0-10 in each box, then shade or mark the same score on the wheel.

Health & Energy		Friends & Connection	
Relationships & Love		Fun & Joy	
Purpose & Work		Growth & Self	
Money & Security		Home & Environment	

Notice the shape before you start trying to change it.



WHERE COULD YOU FIND 10% MORE JOY?

The lowest score is not automatically the problem to fix.
Look for the area where a small shift might change how the rest of life feels.

1. What surprised you?

Which score was higher or lower than you expected?

2. What feels most alive?

Which part of your life already gives you energy, ease or a sense of being yourself?

3. Where is something missing?

What do you want more of: connection, freedom, play, purpose, rest or security?

4. What would one point higher look like?

Choose one area. What would make a 5 become a 6 in real life?

5. Your 10% more joy experiment

Name one small thing you could do in the next seven days - small enough that you might actually do it.

YOUR NEXT SMALL MOVE