

WINNING TRIBE

EXERCISE

Wheel of Life

The wheel of life is an exercise that gives you a clear picture of your values and how satisfied you are with each part of your life today. When you have a clear picture, it becomes easier to see what you need to change or improve to create the life you want.

From the list below select the values that you feel are most important to you right now and put them in order of importance.

Below you find example, please feel free to write down your own...

ACHIEVEMENT	ADVENTURE	ART	BALANCE
CHALLENGE	COMMUNITY	CREATIVITY	DEMOCRACY
EFFECTIVENESS	FAME	HEALTH	HELPING OTHERS
HONESTY	INDEPENDENCE	FAMILY	FRIENDSHIP
GROWTH	KNOWLEDGE	LAUGHTER	LEARNING
LOVE	LOYALTY	MONEY	NATURE
ORDER	PLEASURE	POWER	RECOGNITION
RELATIONSHIPS	RELIGION	RESPONSABILITY	REWARD
SECURITY	SELF-RESPECT	SERENITY	STABILITY
STATUS	SUCCESS	TIME	THRUST
CONNECTION	WISDOM	SPIRITUALITY	UNDERSTANDING
CO-OPERATION	RISK TAKING	SPONTANEITY	OPENNESS
AWARENESS	PATIENCE	INTEGRITY

1.

2.

3.

4.

5.

6.

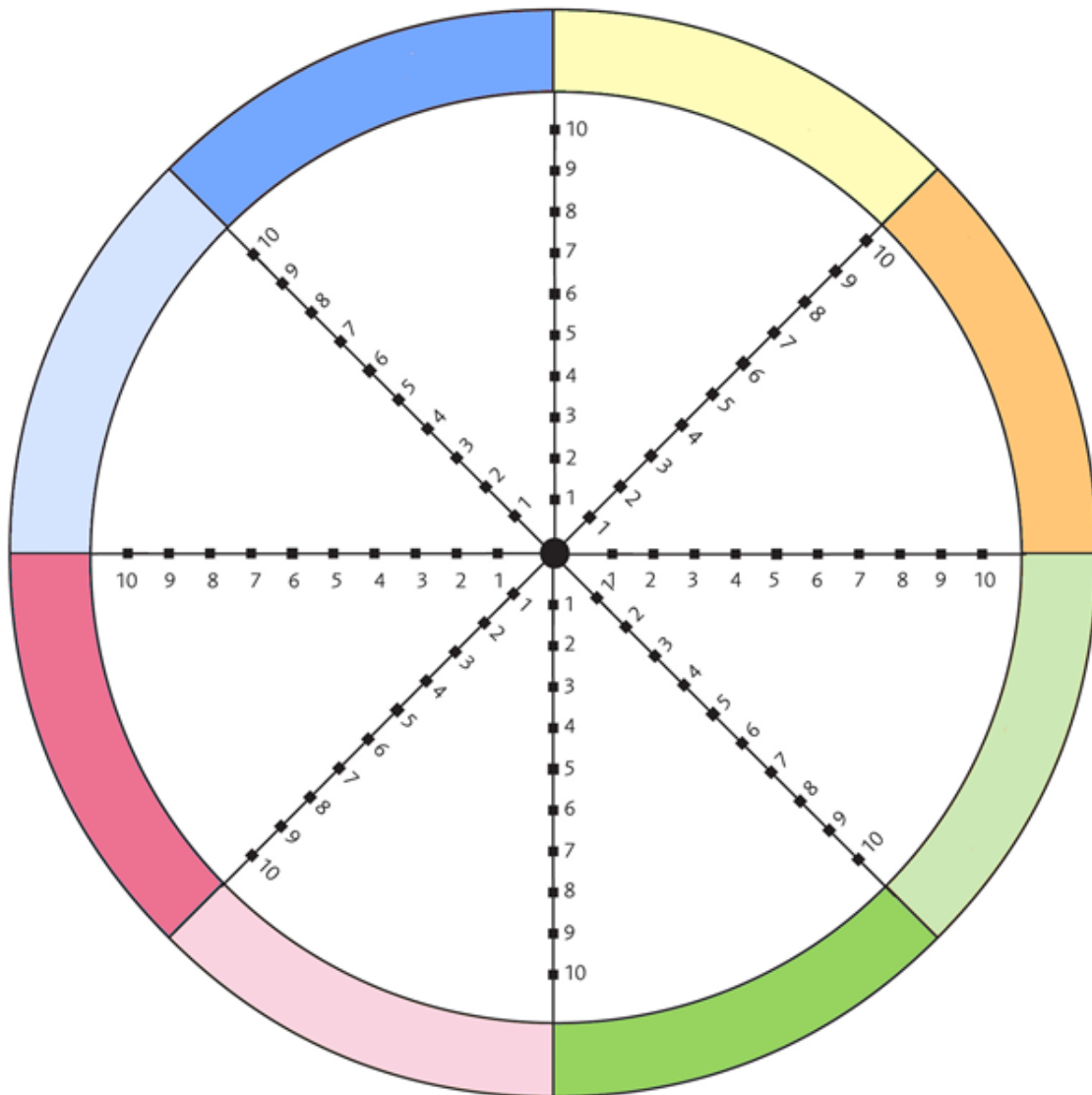
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8.

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The wheel represents your core values - each part of the wheel symbolizes a part of your life.

Enter a value between 1-10 how satisfied you are in each area at the moment.

1 = not at all satisfied 10 = very satisfied

Based on the wheel of life, we can now see what your life looks like today, the areas that work well and the areas in life you want to improve. Having a clear picture of the actual situation makes it easier to set goals, strategies and work towards them.

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EXERCISE

Wheel of Life

The wheel represents your life, how does it look like? Is it bumpy or is it rolling on well?

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How do you feel about your life when you look at the wheel?

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Is there something about the wheel that surprises you?

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What part of your life would you like to focus on improving in the first place? Select 1-3 areas that you want to start focusing on.

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In this area(s) how would a value of 10 look like?

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Where are you at right now and what are you missing to reach a 10?

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What kind of support and help do you need from others to make this change(s) in your life and create more satisfaction?

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What change should you make first? And what change do you want to make first?

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What is the first action you can do to move towards that direction starting already today?

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Good Luck!