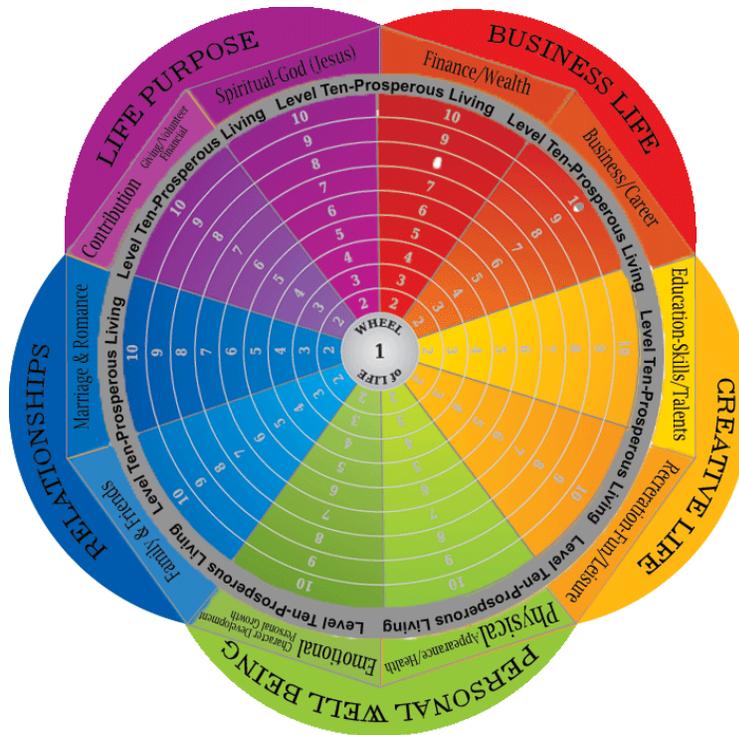




# WHEEL OF LIFE

Discovering Your Personal Success Level



sandra dalziel

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DETERMINE YOUR DESTINY

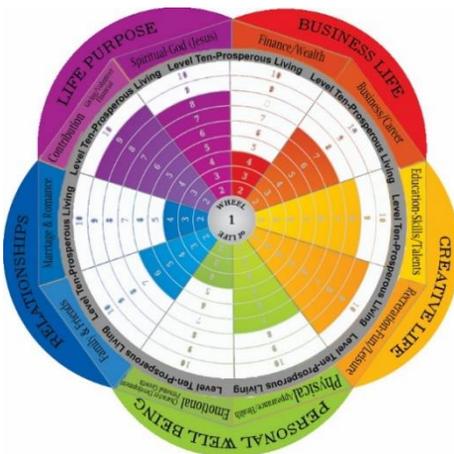
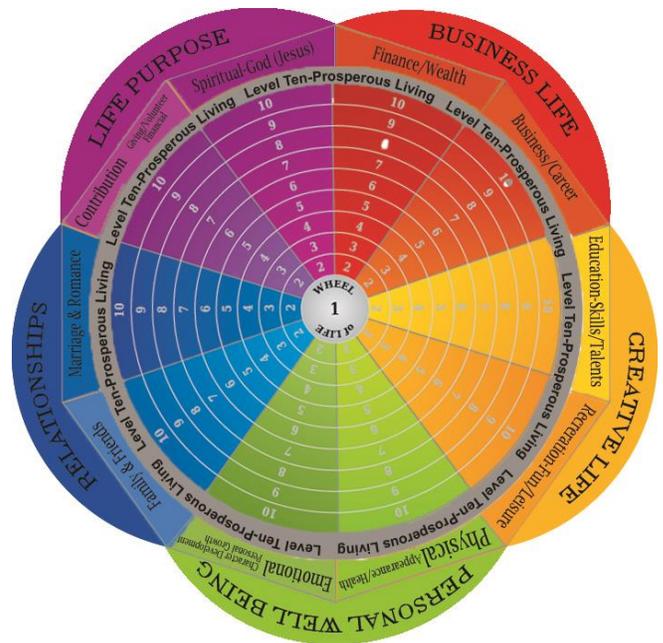
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## DETERMINE YOUR DESTINY

### WHEEL OF LIFE

Our Lives consist of these ten areas shown below. We are created by God to live a fully prosperous lifestyle. A lifestyle having all our needs, wants and desires met. If our lives were completely balanced in every area, our Wheel of Life would be full of colour and we would be living at a Level Ten in all aspects of our life. We would be completely fulfilled and living a full and prosperous life.

1. RELATIONSHIPS
  - a. Marriage/Romance
  - b. Family/Friends
2. BUSINESS LIFE
  - a. Finances/Wealth
  - b. Business/Job Career
3. CREATIVE LIFE
  - a. Recreation-Fun/Leisure
  - b. Education-Skills/Talents/Abilities
4. LIFE PURPOSE
  - a. Spiritual-Relationship with God & Jesus
  - b. Contribution-Giving/Volunteer/Community
5. PERSONAL STATE/WELL BEING
  - a. Physical-Health/Appearance
  - b. Emotional-Personal Character Development



The reality is that most of us have deficits in our lives in one area or another. While some may be strong in their relationships and weak in their physical or emotional area, another will be weak in those areas but strong in their creative area. Each one of us is at a different place.

In the following exercise we will identify for ourselves what level we are at in each of these life areas.



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## Wheel of Life Level Assessment Process

### Process

To effectively assess exactly where we are at in each area of our lives, we will answer a series of questions on the following pages.

Grade each answer between 0 to 10. A zero would be very low and a 10 means a perfect situation or an answer that you are in complete 100% agreement with. Write down your score beside each question.

Some of the points below are listed as self questions and others are statements. Answer each of the statement and/or questions by being honest and transparent with yourself first.

If you are having difficulty answering any of the questions, then ask the question of someone who knows you well. They will give you insight into yourself.

The more honest and real you are with yourself, the more accurate the assessment will be. Remember the aim is to discover areas where you need to grow in your personal character development to find joy and life fulfillment.

### When You Have Answered All the questions

For each area of life you will total your points and then divide by 10 to attain your overall score in that particular area of life.

Once you have answered the questions for each of the 5 areas of life, you can then plot these totals on the final Wheel of Life Assessment Scoring Page by drawing a line at your score point and then colouring in the area to obtain your own visual.

Once you have completed your copy of the Wheel of Life, you will have a better idea of exactly which areas of your life need improvement.



**Wheel of Life Level Identification Questions**

**1. RELATIONSHIPS**

a. **Marriage/Romance** *(If you are not in an intimate relationship-skip this section)*

- \_\_\_\_\_ 1. Do I have/want a soul mate.
- \_\_\_\_\_ 2. Do we share values and intimacy?
- \_\_\_\_\_ 3. Am I nurturing the relationship we have with each other?
- \_\_\_\_\_ 4. Are you enjoying your connection with your spouse physically?
- \_\_\_\_\_ 5. Emotionally, are you growing together (check yes), or growing apart (check no).
- \_\_\_\_\_ 6. Are you enjoying a deep and mutually empathetic quality of connection with your spouse mentally and emotionally?
- \_\_\_\_\_ 7. Are you enjoying a deep quality of connection with your spouse spiritually?
- \_\_\_\_\_ 8. Can you discuss your problems and concerns freely?
- \_\_\_\_\_ 9. Assuming a woman's #1 need is "security/connection" and a man's #1 need is "honor/respect," are your needs being met.
- \_\_\_\_\_ 10. As you look to the future, do you share the same vision, values, and direction with your spouse.

\_\_\_\_\_ Total Divided by 10 = \_\_\_\_ Plot this score on your copy of the Wheel of Life.

**b. Family/Friends**

- \_\_\_\_\_ 1. Do I have, or do I want a close circle of friends.
- \_\_\_\_\_ 2. Do I spend enough time with family and friends?
- \_\_\_\_\_ 3. Do I genuinely value the relationship I have with my friends?
- \_\_\_\_\_ 4. Am I experiencing the joy of giving/receiving unconditional love in my family & friends?
- \_\_\_\_\_ 5. Do I know the individual goals, needs, and concerns of my family members and friends.
- \_\_\_\_\_ 6. Do I feel fully supported by my friends and family—do they “get” who I am.
- \_\_\_\_\_ 7. Do I feel free to share my dreams and unburden my soul with them without fear of being misunderstood. Do they really know me and have my best interest at heart?
- \_\_\_\_\_ 8. Do I have sufficient and consistent social time set apart to enjoy family and friends?
- \_\_\_\_\_ 9. Do I feel I “belong” somewhere (check yes) or do I feel lonely or left out?
- \_\_\_\_\_ 10. Are my friends willing to look past what might be minor shortcomings and slip-ups

\_\_\_\_\_ Total Divided by 10 = \_\_\_\_ Plot this score on your copy of the Wheel of Life.



**2. BUSINESS LIFE**

**a. Finances/Wealth**

- \_\_\_\_\_ 1. Do I save enough. Does concern over the future of my finances cause me stress.
- \_\_\_\_\_ 2. Do I earn enough and live within my means? Do I make enough money to support the lifestyle I desire?
- \_\_\_\_\_ 3. Am I planning for financial freedom? Do you have 100% control over your financial destiny.
- \_\_\_\_\_ 4. Is my car serviced and reliable?
- \_\_\_\_\_ 5. Do I like the area in which I live? Is my home comfortable, tidy and warm?
- \_\_\_\_\_ 6. Does the subject of money cause arguments or tension with other members of my household?
- \_\_\_\_\_ 7. Do I operate from a budget and have a plan for eliminating debt?
- \_\_\_\_\_ 8. Do I have goals and a strategy for wealth multiplication and wise investing?
- \_\_\_\_\_ 9. Am I able to survive a crisis—at least a 6-month emergency fund in savings?
- \_\_\_\_\_ 10. Am I able to give regularly to support charities and causes I feel passionate about?

\_\_\_\_\_ Total Divided by 10 = \_\_\_\_ Plot this score on your copy of the Wheel of Life.

**b. Business/Job Career**

- \_\_\_\_\_ 1. Is my job rewarding. Do you love what you do?
- \_\_\_\_\_ 2. Does my job reflect my values?
- \_\_\_\_\_ 3. Do I have opportunity for advancement?
- \_\_\_\_\_ 4. Am I being paid well to do what you do best?
- \_\_\_\_\_ 5. Am I doing work that employs my natural gifts, talents, and abilities most of the time?
- \_\_\_\_\_ 6. Do you enjoy the people you work with/for?
- \_\_\_\_\_ 7. Do you feel like your work has personal meaning?
- \_\_\_\_\_ 8. Is there potential and a path for career growth.
- \_\_\_\_\_ 9. If you could do it all over again, would you choose this career path/field/line of work.
- \_\_\_\_\_ 10. Does meeting your career goals negatively impact other areas of your life.

\_\_\_\_\_ Total Divided by 10 = \_\_\_\_ Plot this score on your copy of the Wheel of Life.



**3. CREATIVE LIFE**

**c. Recreation-Fun/Leisure**

- \_\_\_\_\_ 1. Do I have fun often?
  - \_\_\_\_\_ 2. Do I know how to relax?
  - \_\_\_\_\_ 3. Do I enjoy sports or have hobbies that I participate in.
  - \_\_\_\_\_ 4. Do I work on my personal hobbies and interests and develop these?
  - \_\_\_\_\_ 5. Do I actively participate in volunteer activities that utilize my gifts, talents and passions?
  - \_\_\_\_\_ 6. Do I have routines that ensure you rest and bring renewal to your life? Do I know how to “dial down” and reset your mental and emotional set point?
  - \_\_\_\_\_ 7. How hard it is for me to block personal time. Do I have time off that is “off limits” to work?
  - \_\_\_\_\_ 8. Do I take vacation time each year that are longer than a weekend to get away from the routines of life? Do I mentally get free during vacation time to energize, relax, refresh and replenish?
  - \_\_\_\_\_ 9. Am I open to experiencing new people, places, and things?
  - \_\_\_\_\_ 10. Do I experience a regular, weekly balance of activity and stimulation in your life?
- \_\_\_\_\_ Total Divided by 10 = \_\_\_\_\_ Plot this score on your copy of the Wheel of Life.

**d. Education-Skills/Talents/Abilities**

- \_\_\_\_\_ 1. I have identified my skills, talent and abilities.
  - \_\_\_\_\_ 2. I know which of my talents and skills gives me the greatest sense of pride or satisfaction.
  - \_\_\_\_\_ 3. I know my five greatest strengths. I know which ones I am most passionate about.
  - \_\_\_\_\_ 4. I know what I want most in life. Am I pushing the boundaries of my comfort zone?
  - \_\_\_\_\_ 5. I have identified my skills, my talents, my abilities and my passions.
  - \_\_\_\_\_ 6. I am living true to myself. I know what I want most in life and I am going after it. I am doing the things I need to grow me as a person.
  - \_\_\_\_\_ 7. I have areas of interest I read about or go out of my way to experience (alone and/or with others). Hobbies, subjects of keen interest, places to go and explore.
  - \_\_\_\_\_ 8. I am currently working to develop skills or increase mastery in new areas.
  - \_\_\_\_\_ 9. I take courses, read books, listen to messages, or attend events that challenge you to grow.
  - \_\_\_\_\_ 10. I am using my time wisely. I am not taking anything for granted.
- \_\_\_\_\_ Total Divided by 10 = \_\_\_\_\_ Plot this score on your copy of the Wheel of Life.

3.



**4. LIFE PURPOSE**

**a. Spiritual-Relationship with God & Jesus**

- \_\_\_\_\_ 1. Is Jesus Christ the Lord of my life.
- \_\_\_\_\_ 2. Do I have an intimate and personal relationship with Him?
- \_\_\_\_\_ 3. Do I experience a deep awareness of God's presence in my life?
- \_\_\_\_\_ 4. Do I feel free to walk with God without condemnation or guilt?
- \_\_\_\_\_ 5. Do you have a clear and compelling sense of purpose and see a pattern and unfolding meaning in my life's journey?
- \_\_\_\_\_ 6. Am I exposed to a variety of challenging teachers?
- \_\_\_\_\_ 7. Do I regularly feed my spirit?
- \_\_\_\_\_ 8. Are spiritual things increasingly real to me and do I desire to know, be, and see more of what God has for me.
- \_\_\_\_\_ 9. Is the Word of God "alive" when I read it?
- \_\_\_\_\_ 10. I feel I now and hear God's voice and how to follow the leading of Holy Spirit.

\_\_\_\_\_ Total Divided by 10 = \_\_\_\_ Plot this score on your copy of the Wheel of Life.

**b. Contribution-Giving/Volunteer/Community**

- \_\_\_\_\_ 1. I have identified how I can give back to the community and/or my local church
- \_\_\_\_\_ 2. I am currently involved in my local church and or community as a volunteer on a regular basis.
- \_\_\_\_\_ 3. I am using my skills and talents in my volunteer capacity.
- \_\_\_\_\_ 4. My volunteer position is rewarding and fun.
- \_\_\_\_\_ 5. I contribute a portion of my finances to the community on a regular basis.
- \_\_\_\_\_ 6. My contribution makes me feel valuable and important.
- \_\_\_\_\_ 7. I am learning in my volunteer position
- \_\_\_\_\_ 8. I am meeting new people and enjoying their company while volunteering
- \_\_\_\_\_ 9. I truly feel like I am making a contribution to my community (church).
- \_\_\_\_\_ 10. The volunteer work I am doing challenging me to grow.

\_\_\_\_\_ Total Divided by 10 = \_\_\_\_ Plot this score on your copy of the Wheel of Life.



**5. PERSONAL STATE/WELL BEING**

**a. Physical-Health/Appearance**

- \_\_\_\_\_ 1. Am I happy with my weight and physical appearance?
  - \_\_\_\_\_ 2. Am I generally fit and well? Do you have an enjoyable routine for exercise and fitness?
  - \_\_\_\_\_ 3. Do I have specific health and fitness goals for my remaining stages of life?
  - \_\_\_\_\_ 4. Do I keep my appearance smart, tidy and well groomed?
  - \_\_\_\_\_ 5. Am I free from physical pain in my body?
  - \_\_\_\_\_ 6. Do I eat healthily. Do you take care of yourself nutritionally—have a strategy for what you eat and what you avoid.
  - \_\_\_\_\_ 7. Do I have the energy and physical vitality I need to deliver on my passion and life purpose?
  - \_\_\_\_\_ 8. Does my health, fitness, or appearance create any barriers to how others perceive me or receive from me.
  - \_\_\_\_\_ 9. Do you get sufficient sleep and have a consistent schedule?
  - \_\_\_\_\_ 10. Are you pleased with your wardrobe and sense of personal “style”.
- \_\_\_\_\_ Total Divided by 10 = \_\_\_\_ Plot this score on your copy of the Wheel of Life.

**b. Emotional-Personal Character Development**

- \_\_\_\_\_ 1. I know what I need to change about myself. Am I continually learning new things? Do I enjoy new opportunities for growth? I have specific goals related to my personal growth and character development.
  - \_\_\_\_\_ 2. I keep calm and avoid getting angry easily. I do not regularly feel stressed and overwhelmed.
  - \_\_\_\_\_ 3. I am growing in my understanding of myself and others. I am growing emotionally as an individual—becoming the person I want to be.
  - \_\_\_\_\_ 4. I am not tormented by worry and anxiety. Do not let my feeling shut me down.
  - \_\_\_\_\_ 5. I am very aware of my emotions and in control of my state at all times. Other people’s moods (emotional state) influences me.
  - \_\_\_\_\_ 6. Others comfortable around me without the need to adjust themselves to my mood.
  - \_\_\_\_\_ 7. Others describe me as joyful and peaceful.
  - \_\_\_\_\_ 8. Am I “fully present” when I am with others or do, I struggle to “stay in the moment”?
  - \_\_\_\_\_ 9. I put off doing things for fear I am not yet ready.
  - \_\_\_\_\_ 10. I am confident in my decisions because I seek the Lord. I may seek counsel, but I do not seek approval from others about areas in which I need to focus. I know how to ask for help, but I am in not the habit of seeking feedback on my performance.
- \_\_\_\_\_ Total Divided by 10 = \_\_\_\_ Plot this score on your copy of the Wheel of Life.



## YOUR WHEEL OF LIFE ASSESSEMENT

Colour in the level for each area according to your score on the previous questionnaire.

