

# WHEEL OF LIFE EXERCISE

concept by Tony Robbins

WHY: TO HELP YOU DETERMINE HOW SATISFIED YOU ARE WITH THE DIFFERENT AREAS OF YOUR LIFE SO YOU CAN SET GOALS

HOW: START A JOURNAL

- Rate each of these categories on a scale of 1-10
- Visualizing the center as 0 and the outer edge as 10, physically draw or imagine where you are once you have rated the category
- Rename or add subsections...it's your life

WHEN: REVISIT THIS AT LEAST ONCE A YEAR TO CHECK IN

