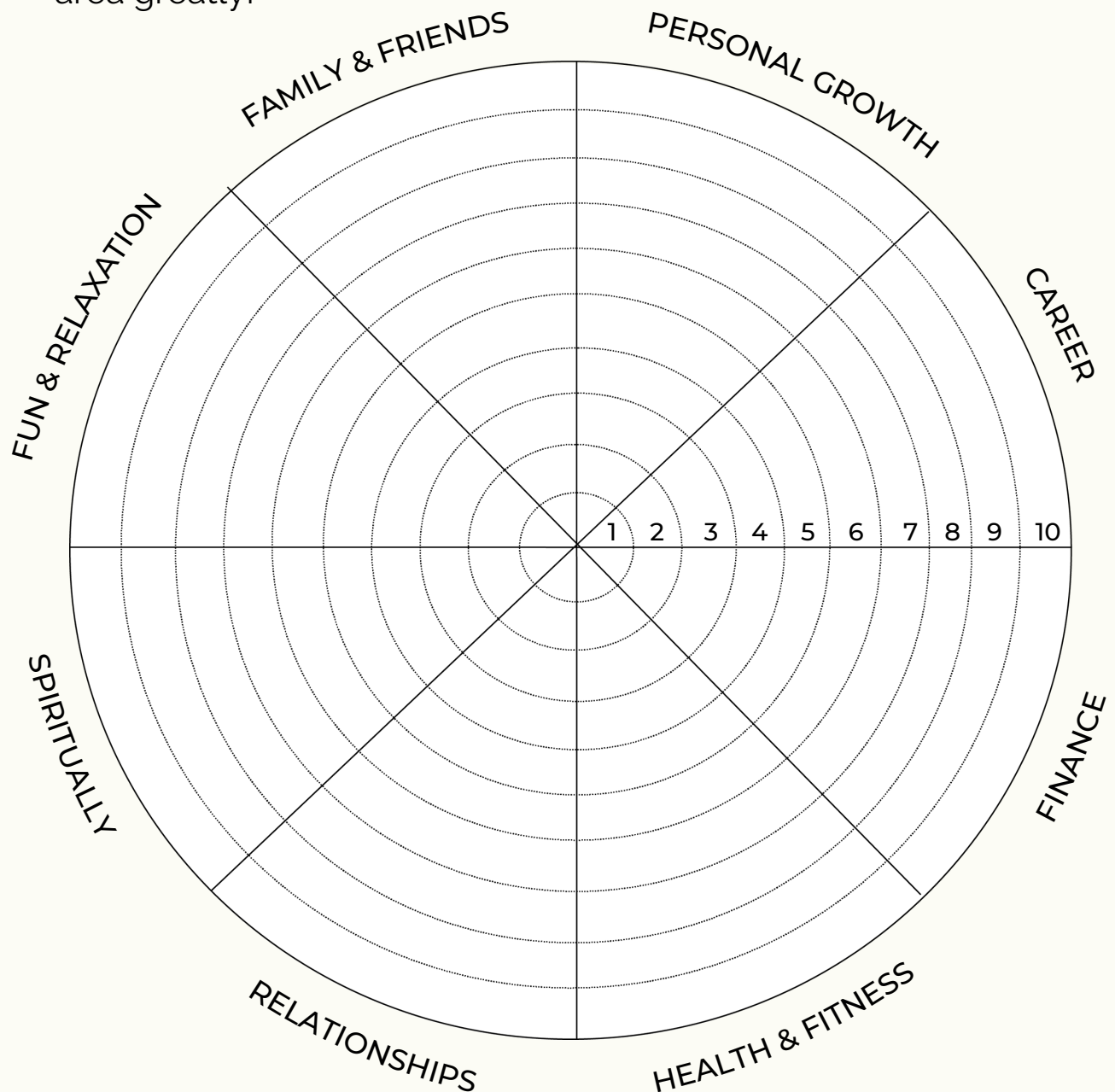


wheel of LIFE

1. Review the 8 categories, and If necessary, rename category segments to add in something that is missing or make it more meaningful to you.
2. Draw a line across each segment. Scoring is between 1 -10. With 1 being "Does not affect this area of my life at all to 10 " Affects this area greatly!"




wheel of LIFE

WRITE A SHORT STATEMENT ABOUT EACH AREA IN YOUR LIFE, AND HOW PROTECTING YOUR CREATIVE TIME (CREATIVE NON-NEGOTIABLES) CAN IMPROVE YOUR OVERALL SATISFACTION IN EACH AREA.

FAMILY & FRIENDS




PERSONAL GROWTH



CAREER



FINANCE




wheel of LIFE

WRITE A SHORT STATEMENT ABOUT EACH AREA IN YOUR LIFE, AND HOW PROTECTING YOUR CREATIVE TIME (CREATIVE NON-NEGOTIABLES) CAN IMPROVE YOUR OVERALL SATISFACTION IN EACH AREA.

HEALTH & FITNESS



RELATIONSHIPS



SPIRITUALLY



FUN & RELAXATION



wheel of LIFE

USE THESE EXTRA PAGES FOR WRITING YOUR THOUGHTS/IDEAS/PLAN

wheel of LIFE

USE THESE EXTRA PAGES FOR WRITING YOUR THOUGHTS/IDEAS/PLAN



Let's stay in touch!

I CAN'T WAIT TO HEAR FROM YOU!

How could every area of your life be different if you decided to protect your creative, time, space and energy? Want to talk through this further, Let's connect! I can't wait to talk all things creative non-negotiable with you!

[Book a Discovery Call](#)

