



Happiness – The Inner Wheel of Life

Name:

Date:

Key Areas and some things to consider about this area	What is this area like now?	How would you like this area to be? How can you keep the good things about this area of your life? How could you improve this area?	Reason to Change & Benefits (how can you get less pain or more pleasure in this area?)
Living on Purpose Are you clear of your life purpose? Is it guiding you?			
Wealth Do you have scarcity/poverty mentality or abundance?			
Emotional Are you anxious and fearful or are you free and in control?			
Lifestyle Are you always stressed out or do you take time out to relax?			
Living in the Now Is your mind buzzing back and forth or are you present NOW?			
Making Choices Are you reacting to events or making proactive choices			
Intellectual Are you bored or stimulated by your life?			
Spiritual Do you feel dead inside or are you enlightened?			



Success – The Outer Wheel of Life

Name:

Date:

Key Areas and some things to consider about this area	What is this area like now?	How would you like this area to be? How can you keep the good things about this area of your life? How could you improve this area?	Reason to Change & Benefits (how can you get less pain or more pleasure in this area?)
Work Are you doing the work you hate or the work you love?			
Financial Are you in debt or are you investing for the future?			
Relationships Are your relationships destructive or enhancing to you?			
Health Are you eating and drinking healthily, and taking exercise?			
Leisure / Fun Do you have a range of activities for relaxation and enjoyment?			
Assets Do you have few / too many possessions or just enough?			
Community/Contribution Consider what contribution you make to the community			
Physical Environment Is your work / home environment draining or energizing?			



