

Score your AREAS OF LIFE

REFLECT ON YOUR LIFE AREAS AND SCORE ON A SCALE OF 1 TO 10

Using these guiding questions, score each area of life from 1 - totally dissatisfied - to 10 - perfect.

Health and Fitness

How would you rate your current physical health? Do you exercise regularly? How do you eat well and take care of your body?

Score: ____/10

Character

Do you have a strong sense of integrity? Do you live by your values? How often do you show the qualities you admire in others?

Score: ____/10

Emotional Life

How stable do you feel emotionally on a daily basis? How well do you deal with stress and negative emotions? How often do you experience positive emotions, such as joy, happiness, and contentment?

Score: ____/10

Relationship with Partner

How satisfied are you with your current relationship? How often do you really feel connected to your partner? Do you communicate effectively and respectfully with your partner?

Score: ____/10

Parenting

How would you rate yourself as a parent? Do you have a strong bond with your child(ren)? Do you feel able to support and guide your child(ren) on their life path?

Score: ____/10

Personal Development

Are you constantly learning and growing? Are you working on improving your weaknesses and further developing your strengths? How often do you challenge yourself to step out of your comfort zone.

Score: ____/10

Work

How satisfied are you with your current job or career? Do you experience satisfaction in your work? Are you on a path that allows growth and advancement in your career?

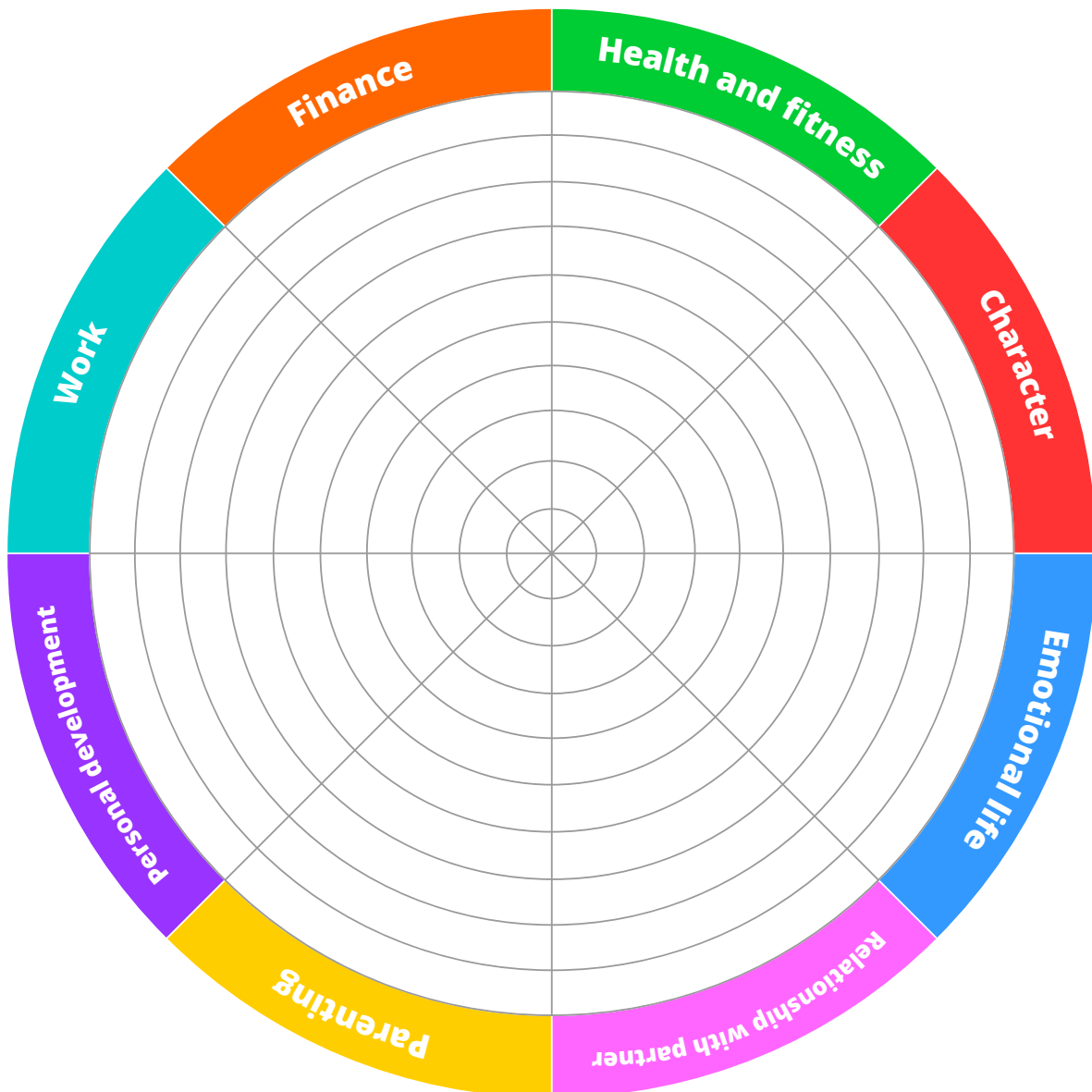
Score: ____/10

Finance

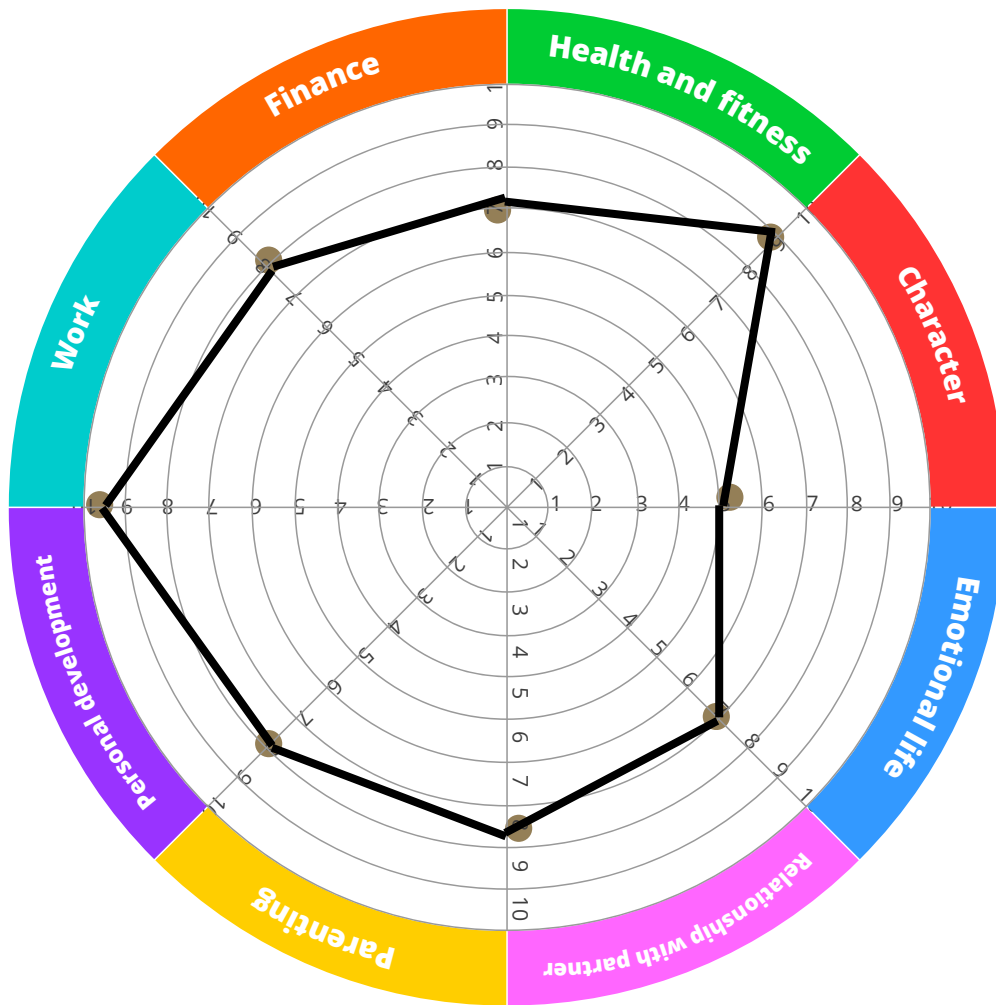
How satisfied are you with your current financial situation? Can you pay your bills and save for the future at the same time? Do you have a financial plan or are you pursuing financial goals?

Score: ____/10

Now plot your scores on the life wheel. Do you get a nice circle? Or does some areas deserve some attention?



Example of a Scored Wheel of Life



BELIEF

Fitness and health

WHAT IS YOUR BELIEF? WHAT ARE YOUR ASSUMPTIONS FOR THIS AREA OF LIFE?

I believe that health and fitness is more than the absence of disease.
I believe that true health and fitness is a vibrant energy, a zest for life.

I am convinced that health requires an active, lifelong effort. It is not a destination, but an ongoing journey of learning, adapting, and growing. It is not just about managing disease, but about pursuing an optimal state of well-being, physically and mentally.

I believe I have both a responsibility and an opportunity to take care of my own health. I have the power to make decisions that promote my well-being and make me stronger, more energetic and more resilient.

I believe that health is a holistic concept, covering all aspects of my life - physical, mental, emotional and even spiritual. This means that taking care of my health goes beyond just the physical aspect. It includes maintaining a healthy mind, cultivating positive emotions and seeking a meaningful and fulfilling life.

I also recognize that health is not just about me. It also has to do with my relationships, my community and the wider world. Good health allows me to be a full member of society, to contribute to the well-being of others, and to work for a better, healthier world.

Finally, I believe that health is a gift to cherish, protect and enhance. I am willing to put in the effort, face the challenges, and experience the satisfaction of striving for and maintaining optimal health.

MY WHY

Fitness and health

WHY IS THIS DOMAIN OF LIFE SO IMPORTANT TO YOU? WHAT DRIVES YOU? WHAT GIVES YOU ANXIETY?

What gives me energy is the dynamism, strength and vitality I feel when I am physically and mentally healthy. The vibrancy and pleasure of being in motion, the feeling of physical strength and stamina, and the mental clarity and focus that come with good health give me a great sense of accomplishment and aliveness.

What enables me to take action is the realization that I have a great deal of control over my own health and fitness. I know that by making conscious choices about my diet, physical activity, mental hygiene and lifestyle, I can have a major impact on my well-being.

My motivation to achieve my vision stems from my desire to live a long, active and fulfilling life. Not only do I want to be free of disease, but I also want to be full of energy, to be able to enjoy life to the fullest, and to make the most of my physical and mental abilities.

I want to get the best out of this area of my life as I believe that good health and fitness are the foundation of everything I do in life. They are essential to my ability to work, enjoy, learn, love and make a meaningful contribution to the world. They also allow me to age with grace and strength, and to keep doing what I love to do even as I get older. Good health and fitness is not only an end in itself, but also a means to achieve other goals in my life.



”

“Your body is
your most
priceless
possession.

Take care of it!”



Jack Lalane

BELIEF

Character

WHAT IS YOUR BELIEF? WHAT ARE YOUR ASSUMPTIONS FOR THIS AREA OF LIFE?

My belief is that our character development continues throughout a lifetime. The character is not static, but dynamic and changeable. While our genes and our upbringing undoubtedly influence who we are, we also have the power to deliberately shape and improve ourselves. We are not bound by the limitations of our past, nor are we trapped by the mistakes we made in the past.

I believe that our life experiences, our ability to introspect, our ability to learn from our mistakes and successes, and our ability to make conscious choices about how we respond to situations all allow us to grow and shape our character .

In addition, I believe that self-knowledge and self-awareness are crucial for character development. By becoming aware of our weaknesses, we can actively work to improve them, and by becoming aware of our strengths, we can build on them. Our character is not something that happens to us, but something that we can actively shape through our actions, habits, and self-reflection.

In addition, it is essential to remember that building our character is an ongoing process that requires effort and dedication. It is a matter of small, everyday choices and actions, which over time lead to deep and lasting changes in who we are.

Finally, it is important not to strive for perfection, but for continuous growth and improvement. We are all human, and we will make mistakes and sometimes fall short in our character development. But that's okay. It's part of the process. What's important is that we keep learning, keep growing, and keep striving to be the best we can be.

MY WHY

Character

WHY IS THIS DOMAIN OF LIFE SO IMPORTANT TO YOU? WHAT DRIVES YOU? WHAT GIVES YOU ANXIETY?

What gives me energy is the continuous development and growth of my character. I find it exciting and satisfying to consciously work on the formation of my character, to constantly learn and grow, and to increasingly align my behavior with my deepest values and beliefs.

What enables me to take action is the belief that I have a great deal of control over my own character. I believe that my behaviour, my habits and my identity are not fixed, but are shaped by my daily choices and actions. This sense of self-determination and responsibility gives me the ability to consciously work on the development of my character.

What motivates me to achieve my vision is the deep conviction that my character plays a vital role in the quality of my life and in the contribution I can make to the world. A strong, honest, compassionate and courageous character allows me to fulfill my potential, to maintain positive relationships, to learn from my mistakes and to have a positive impact on the world around me.

I want to make the most of this area of my life, as I believe that good character not only leads to personal fulfillment and success, but also has a positive impact on the people and the world around me. I believe that by developing a strong and good character, I can make a positive impact on the world and contribute to a more just and caring society.



“The content of your character is your choice. Day by day, what you choose, what you think and what you do is who you become.”

Heraclitus

BELIEF

Emotional life

WHAT IS YOUR BELIEF? WHAT ARE YOUR ASSUMPTIONS FOR THIS AREA OF LIFE?

Emotions and feelings are critical. They radiate on all facets of our lives, a kind of halo effect. When I feel angry, my thinking ability is affected. Stress hormones can suppress my immune system and potentially cause illness. So it is an essential part of my life.

Although I can't directly control my emerging feelings and emotions, I find them to be valuable messengers. It doesn't really matter why they show up. They signal to me whether my actions align with who I want to be, with my true self - my "daemon", my best self. Suppressing feelings doesn't work. It's like holding a ball underwater; it takes a lot of energy and as soon as you release the ball it will shoot up. The same goes for feelings.

Negative feelings want me to know something. They have great value. Instead of wanting to push them away, I have to appreciate them. I examine them without judgment. What are they trying to say? I use the RAIN method: Recognize, Accept, Investigate and Non-attachment. My feelings don't define me, they are something I experience. So I can watch them from a distance. I am always grateful for my feelings and let the less useful ones fade into the background.

Despite my feelings, I can still act according to my values. That is something I do have control over. I may be in a situation where I feel fear, such as an intervention at work. That signals that I need to be careful and alert. But despite that fear, I can do what it takes - it reflects my worth in wanting to help.

I can also create positive feelings. Each feeling has its own "recipe". For example, by thinking, imagining and visualizing things in a certain way, I can generate feelings of gratitude. It is up to me to design algorithms (recipes) that put me in the desired state of mind for specific situations.

I strive to experience as many positive feelings as possible. I believe this attracts positive situations. At least it will color my perception of the world, just as sunglasses with a filter shape the way you perceive colors.

MY WHY

Emotional life

WHY IS THIS DOMAIN OF LIFE SO IMPORTANT TO YOU? WHAT DRIVES YOU? WHAT GIVES YOU ANXIETY?

What energizes me is the awareness and understanding of my own emotions and feelings. I find it fascinating to understand the subtle nuances of my feelings and how they influence my behavior and reactions.

What enables me to take action is the realization that I can control how I react to my feelings, even if I can't always directly control them. Understanding that my feelings give me important information and can help me make better decisions gives me the ability and motivation to actively explore and work with them.

My motivation to achieve my vision stems from a desire to have balanced emotional health. I am motivated to learn how to recognize, accept, explore and not get attached to my feelings so that I can deal with them in a healthy and constructive way.

I want to make the most of this area of my life because I believe that better understanding and mastery of my emotions and feelings can improve my life in so many ways. It can help me have better relationships, be more successful in my work, and experience more inner peace and happiness. Understanding and managing my emotions and feelings is not only essential to my well-being, but it also allows me to be in the world in a more authentic, fulfilling, and confident way.



Feelings are
something you
have; not
something you
are.

Shannon L. Alder

BELIEF

Relationship with partner

WHAT IS YOUR BELIEF? WHAT ARE YOUR ASSUMPTIONS FOR THIS AREA OF LIFE?

I believe that a loving, respectful and equal relationship is the basis for a happy and fulfilling life. This belief is deeply rooted and shapes the way I approach my life and my relationship.

The idea that a relationship offers both challenges and joys, and that both partners play an active role in navigating these aspects, is something that deeply moves and motivates me.

I believe that good communication, emotional availability and mutual respect are the most important ingredients for a healthy relationship. These beliefs help me move forward and enrich my life. They provide me with the ability and courage to strive for the kind of relationship I desire.

My beliefs do not hold me back, but encourage me to continuously develop and grow within my relationships. They encourage me to see conflicts as opportunities for growth and deeper understanding rather than obstacles.

I would like my premise in this area of life to always reflect these core values. I would like my relationships to always be characterized by love, respect, open communication and mutual growth

MY WHY

Relationship with partner

WHY IS THIS DOMAIN OF LIFE SO IMPORTANT TO YOU? WHAT DRIVES YOU? WHAT GIVES YOU ANXIETY?

It is the love and deep connection with my partner that energizes me. It is the idea of growing, both individually and together, and building a shared future that gives me strength and enthusiasm.

What empowers me to take action is the understanding that a loving and healthy relationship does not come naturally. It requires work, dedication, understanding and patience. The perspective of contributing to a strong, harmonious relationship and the responsibility that comes with it gives me the strength to commit myself and take the necessary steps.

My motivation to achieve my vision is rooted in my desire to be in a happy, fulfilling relationship that contributes to my own well-being and that of my partner. I am motivated by the desire to have love, support and happiness in my life, and to give those same feelings to my partner.

I want to make the most of this area of my life because I believe in the importance of a strong, loving relationship. A good relationship enriches life in so many ways - it offers support, joy, companionship and love.

By focusing on maintaining and improving my relationship, I believe I can contribute to a happier and more fulfilling life for me and my partner. This is something I am deeply passionate about and willing to commit to.



”A great relationship is about two things: First, appreciating the similarities, and second, respecting the differences.”

Unknown

BELIEF

Parenting

WHAT IS YOUR BELIEF? WHAT ARE YOUR ASSUMPTIONS FOR THIS AREA OF LIFE?

My parenting premise is based on the fundamental belief that it is my job to help my children grow up to be independent, healthy, happy, and courageous individuals. I believe it is crucial to guide them, but at the same time give them space for their own discoveries and experiences. These deeply held beliefs not only shape my life, but also motivate me to be a better parent every day.

I believe that by leading by example I can teach my children how to be independent, healthy, happy and courageous. This means that I actively strive for these qualities in my own life, using my behavior and actions as a model for them to emulate.

Furthermore, I believe it is my responsibility to create a safe, healthy and loving environment for them to grow. My goal is to give them the opportunity to learn by trying, to see what works and what doesn't, to make mistakes and learn from them.

I also believe that teaching my children what they need to know to navigate life is essential. This includes practical knowledge, emotional intelligence and the ability to think critically and decide independently.

My parenting premise doesn't hold me back, it actually motivates me to fully embrace my role as a parent. These beliefs have a deep impact on me and contribute to the way I shape my life and the lives of my children. I want this premise to continue to reflect how I see my role as a parent and how I want my children to develop.

MY WHY *Parenting*

WHY IS THIS DOMAIN OF LIFE SO IMPORTANT TO YOU? WHAT DRIVES YOU? WHAT GIVES YOU ANXIETY?

What gives me energy is watching my children grow and flourish. I find it fascinating to see how they develop, how they learn new things, form their own identity and find their place in the world.

The fact that I play a fundamental role in this process gives me a deep sense of satisfaction and fulfillment. It motivates me to give the best of myself and to commit to being the best possible parent I can be.

I feel empowered to take action when I think about how much of an impact my role as a parent can have on my children's lives. I want to provide them with the tools and knowledge they need to succeed in life, to be resilient, and to be happy and fulfilled.

My motivation to achieve my vision stems from my love for my children and my desire to provide them with a happy and fulfilling life. I am motivated to help them develop into strong, confident, empathetic and loving individuals.

I want to make the most of this area of life because it is such an important and fundamental part of my life. Parenting has a huge impact on me as a person, on my children and on our family as a whole. By fully engaging in my role as a parent, I contribute to the well-being and future of my children, which is something I am deeply passionate about and motivated by.



”Children are not
things to be
molded, but are
people to be
unfolded.”

Jess Lair



BELIEF

Personal development

WHAT IS YOUR BELIEF? WHAT ARE YOUR ASSUMPTIONS FOR THIS AREA OF LIFE?

I deeply believe that personal development is the key to a fulfilling and valuable life. It's an ongoing journey, a lifelong commitment to growth and improvement, with the goal of realizing my full potential.

I firmly believe that no matter where we are on our life's journey, there is always room for growth and improvement. I believe we all have the potential to learn, grow and evolve, regardless of our age, background or circumstances.

I am inspired by the words of Vishen Lakhiani, who says, "If you want success, focus on personal development." I agree with this statement and believe that success is a natural by-product of personal growth and development. When we focus on improving ourselves and expanding our skills, knowledge and understanding, we will naturally become more successful in all aspects of our lives.

I am also deeply moved by the words of Brian Johnson, who says, "Our goal is to become the best version of ourselves, and to be our best selves moment to moment to moment." This statement appeals to me because it emphasizes the process of personal development, not just the end result. It is a reminder that the goal of personal development is not to become a perfect version of ourselves, but to continuously strive for improvement and growth.

I believe these beliefs are motivating and empowering. They inspire me to keep learning, growing and developing, and to become the best possible version of myself. They remind me that I have the ability and responsibility to shape my own life, and that through my commitment to personal development, I can make a positive impact on the world around me.

In short, my personal development premise is that it is a lifelong journey of learning, growing and evolving, with the goal of realizing my full potential and creating a fulfilling and valuable life.

MY WHY

Personal development

WHY IS THIS DOMAIN OF LIFE SO IMPORTANT TO YOU? WHAT DRIVES YOU? WHAT GIVES YOU ANXIETY?

Personal development is the path I take to become the best version of myself. The reasons that drive this area of my life are deeply rooted in me, based on my beliefs and my vision of the world.

What gives me energy is the process of learning and growing. It feeds my curiosity and keeps me awake and alive. Discovering new insights, acquiring new skills, and understanding new concepts gives me a sense of accomplishment and progress.

What drives me to action is the belief in my potential and the knowledge that I can always grow and develop. The belief that I play an active role in shaping my life and future, and that every step I take in my personal development brings me closer to my full potential.

What motivates me to achieve my vision is the realization that personal growth leads to a more valuable life. As I grow and evolve, my ability to contribute to the world around me improves. I can have more impact, mean more to others and experience a deeper fulfillment.

My 'why' for personal development is to become the best version of myself and thereby positively influence the world. It is my belief that my growth and development will not only benefit myself, but also the people around me and the communities to which I belong. I believe that by striving for personal growth, I also contribute to the collective growth and evolution of humanity.

At its core, my personal development goal is to fully express who I really am and who I can be. My goal is to realize my potential and live a life of deep fulfillment and meaning. This is the belief that guides my actions, fuels my efforts, and gives me the strength to grow and learn every day.



“Personal development is the belief that you are worth the effort, time and energy needed to develop yourself.”

Denis Waitley

BELIEF *Work*

WHAT IS YOUR BELIEF? WHAT ARE YOUR ASSUMPTIONS FOR THIS AREA OF LIFE?

I believe that work and career should be a source of fulfillment, growth and value. I am convinced that it is essential to choose something that I do with passion and pleasure, something that motivates me to strive every day for improvement and self-actualization. I see work not only as a way to generate income, but also as an opportunity to grow as an individual and to make a meaningful contribution to others.

I am convinced that the work I do should have a positive impact on others. I strive to add value through my efforts, and it is important to me that others are willing to pay for this value. This means that I have to constantly challenge myself to improve and evolve in my field.

I also believe in the importance of finding a financial model that works for me. Although I currently have a good standard of living thanks to my main job, I believe that creating an additional income stream, a so-called 'side hustle', can enable me to become more financially independent. In doing so, I should not only look at a way of generating income that is based on direct labor, but also be open to creating passive income, creating something that I can sell repeatedly and without additional effort.

I don't view my work and career as isolated aspects of my life, but as integral parts of my overall pursuit of personal growth, fulfillment and delivering value to others. I am convinced that meeting these four criteria will enable me to be successful in my work and career, and to lead a fulfilling and valuable life.

MY WHY *Work*

WHY IS THIS DOMAIN OF LIFE SO IMPORTANT TO YOU? WHAT DRIVES YOU? WHAT GIVES YOU ANXIETY?

My 'whys' for the 'work-career' life domain are multifaceted and deeply rooted in my values and aspirations.

First, I get tremendous satisfaction from the work I do. I like challenges, learning and growing in my field. This energetic feeling, the idea that I am constantly pushing my limits and reaching new heights in my abilities, is a strong motivator for me.

I also strongly believe in adding value for others through my work. The idea that I can have a positive impact on the lives of others, that I can make a difference, is very motivating to me. It gives me a sense of meaning and purpose in my work.

I also work for my family and relatives. I want to be a role model for them, show them that you can enjoy your work and that you can make a positive contribution to the world through your work. I want to offer them financial security and give them the opportunity to build beautiful memories without money being a limiting factor. The idea of being able to provide for my family in this way gives me a sense of purpose and responsibility.

Finally, I have always felt that I am called to make a positive impact on the lives of many people. I feel a deep desire to help others be happier, to inspire and guide them in their personal growth. This idea of service, of having a positive impact on the world around me, is a powerful motivator for me to get the best out of my work and career.

In summary, my "why" is: my desire to grow and excel in my field, the satisfaction I get from delivering value to others, my responsibility to my family, and my deep-seated desire to make a positive impact on the world around me.



“Choose a job you
love, and you will
never have to
work a day in
your life.”

Confucius

BELIEF

Finance

WHAT IS YOUR BELIEF? WHAT ARE YOUR ASSUMPTIONS FOR THIS AREA OF LIFE?

I believe money is a tool that allows me to live the life I want, do the things I love to do, and experience the world the way I desire. I view money as a form of energy that carries an emotional charge and allows me to exchange value with others. I am convinced that I am able to find a positive emotional charge in both giving and receiving money - Ken Honda calls this 'Arigato'.

I strongly believe in creating value for others as the best way to generate money. The value I offer is reflected in the money I receive - and this is "happy money" to me. It makes me happier and more fulfilled to know that I have made a positive contribution to the world.

While I recognize that money alone does not bring happiness, I believe it enhances the attributes I already possess. The richer I become, the more I am able to express my generous nature. It is my aim to further develop these positive qualities by maintaining a healthy and balanced relationship with money.

MY WHY *Finance*

WHY IS THIS DOMAIN OF LIFE SO IMPORTANT TO YOU? WHAT DRIVES YOU? WHAT GIVES YOU ANXIETY?

Money is the key to freedom and self-actualization for me. It allows me to do what I want, when I want, and improves the quality of my life in many ways. I am energized and motivated by the idea that I can generate money by creating value for others. This process not only feeds my spiritual hunger, but also gives me a deep sense of satisfaction and happiness.

I strongly believe in the joy of giving and sharing. Money allows me to do this, to contribute to the lives of others and to share my happiness and prosperity. This aspect of generosity brings an extra layer of satisfaction and joy to my financial journey.

The freedom that money gives me increases my creativity and productivity. It allows me to do more and help more people, ultimately contributing to a better world for my children, grandchildren and everyone around me.

I am driven by the idea that by helping others and making money in the process, I can achieve both personal and financial wealth. This gives me a sense of achievement and makes me happier at the same time. It is this cycle of value creation, service, fulfillment, sharing and happiness that motivates me to make the most of this area of my life.



“Chase the vision,
not the money, the
money will end up
following you.”

Tony Hsieh