

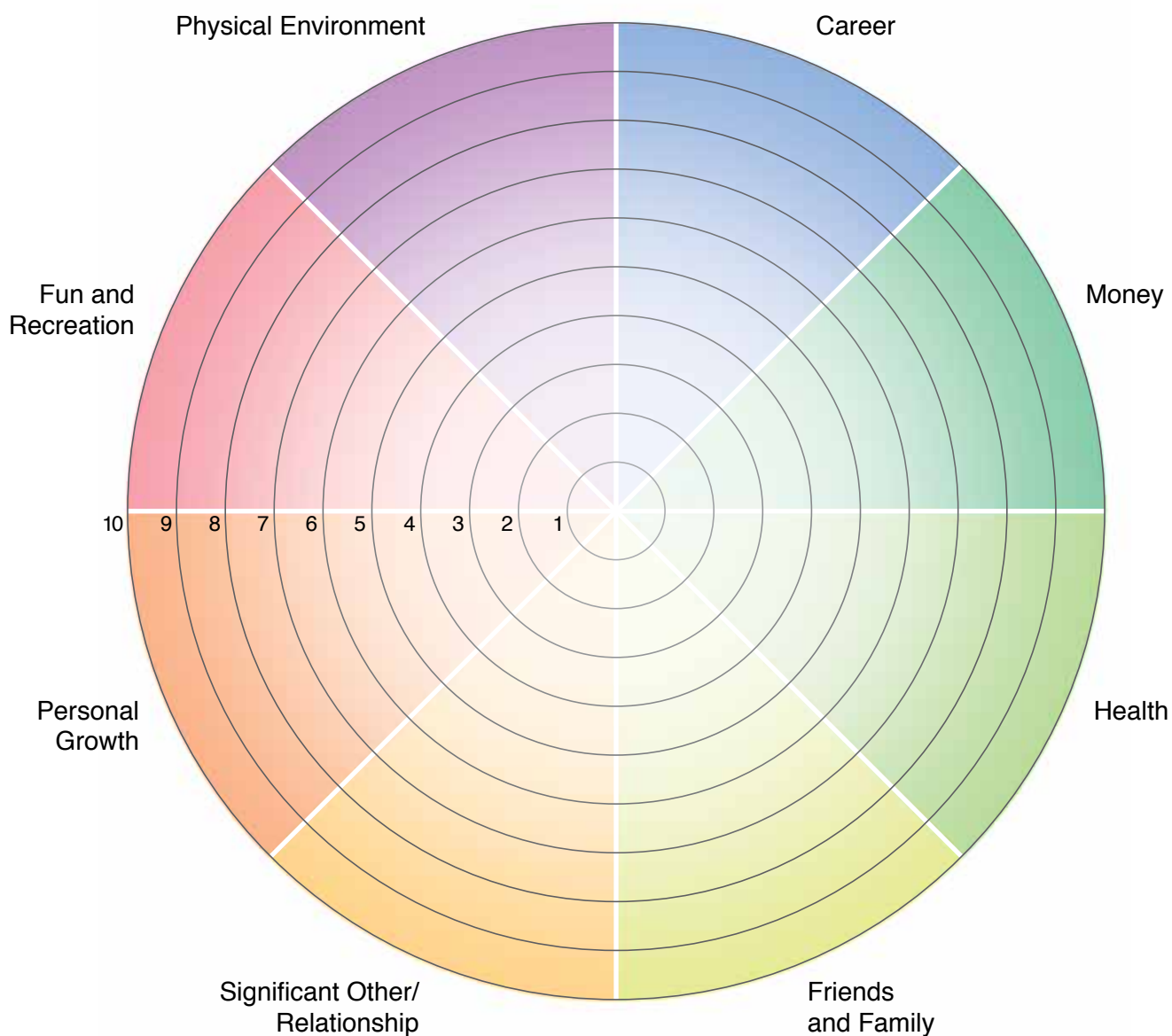
2018 PERSONAL PLAN

Be More... Do More... Get More Out of Life!



When we step back and take a look at our life from the 50,000 foot view – made up of contributing parts that each play a role – we gain perspective on what we want and need to live a meaningful and fulfilling life of purpose.

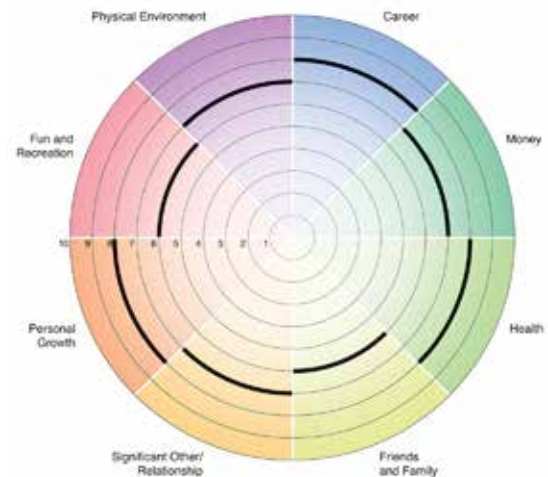
This wheel contains eight sections that, together, represent one way of describing a whole life.



This exercise measures your level of satisfaction in these areas on the day you work through it.

Taking the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each area by drawing over the curved line that corresponds with your rating, to create a new outer edge. You may change the name of any area to uniquely reflect your life.

The new perimeter represents your Wheel of Life. With this, you can start to look at areas where you want to improve your level of satisfaction and think about what you might do to accomplish that.



Questions to Ask Yourself:

- 1** Looking at the wheel as a whole, what do I notice?
- 2** What perspective does it give me to look at my life in this way?
- 3** What areas stand out? What areas are related or connected?
- 4** What's going well? How does what's going well support me?
- 5** What do I want to improve?
- 6** What needs to happen to improve this or these areas?
- 7** Who do I want and need to be to take myself to the next level in this/these areas?
- 8** What am I prepared to commit to? What would it take to commit?
- 9** What does success look like?
- 10** How can I stay on track and hold myself accountable? How will I reward myself?

Good luck, and here's wishing you great success and fulfillment in 2018!