

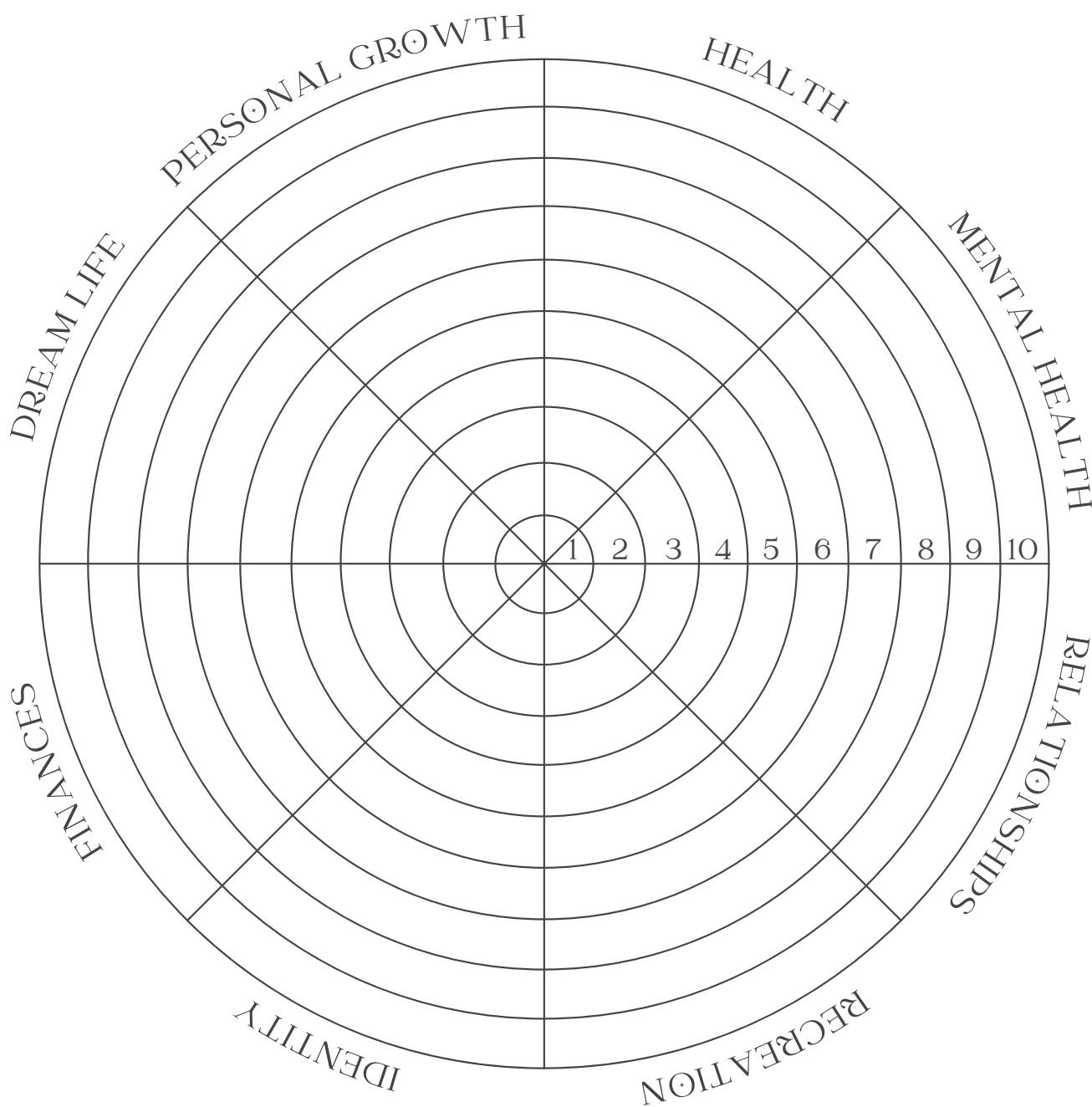
Release

FAMILY COACHING

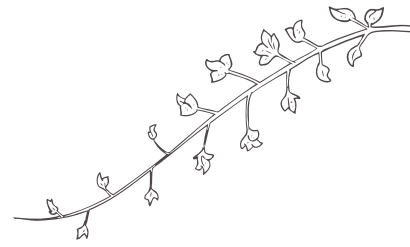
Quarterly
Life Wheel
Assessment

Life Wheel Assessment

Use the prompts on the next page to help you assess where you currently are in your life. Give yourself a score of 1-10 in each area based on how true the corresponding statement is for you. Pick one main area to focus on this quarter. Think of an area that would be a domino to help you in other areas as well.



Self Reflection **PROMPTS**



PERSONAL GROWTH

I look for opportunities to learn and grow. Even in adversity, I see the lesson.

HEALTH

My nutrition and physical fitness is a priority in my life. I eat food God made and move my body regularly.

MENTAL HEALTH

I take responsibility for my thoughts and manage them well. My thoughts create the results in my life.

RELATIONSHIPS

I have meaningful connections with the people in my life. I love unconditionally.

RECREATION

I have nourishing routines that allow for rest and play.

IDENTITY

I believe I am who God says I am. My identity does not come from my performance or other's opinions of me.

FINANCES

I have a good understanding of how to create, spend and invest my finances. I believe there is always enough.

DREAM LIFE

I understand I am fulfilling my purpose/calling. I believe in my ability to create the life I want.