

A man and a woman are shown from the chest up, smiling and embracing. The woman is on the left, leaning her head against the man on the right. They are both smiling warmly. The image is overlaid with a semi-transparent red filter. At the top, there is a white rectangular box containing the text 'PROJECT FIND YOUR FIRE' in a bold, sans-serif font. Below this box, the words 'EMPOWER + INSPIRE' are written in a smaller, all-caps, sans-serif font, flanked by short horizontal lines. In the center of the image, the title 'THE WHEEL OF LIFE' is written in a large, bold, white, sans-serif font. At the bottom, a paragraph of text in a smaller, all-caps, sans-serif font explains the concept of the Wheel of Life.

PROJECT FIND YOUR FIRE

EMPOWER + INSPIRE

# THE WHEEL OF LIFE

THE WHEEL OF LIFE IS A SIMPLE BUT  
POWERFUL TOOL THAT HELPS YOU  
VISUALIZE ALL THE IMPORTANT AREAS  
OF YOUR LIFE AT ONCE.

# HOW TO USE THE **WHEEL OF LIFE**



CLICK OR TAP TO WATCH OUR VIDEO  
EXPLAINING THE WHEEL OF LIFE

We all have a "blueprint" for what our perfect life would look like. We can imagine that ideal life in all areas: Career, friends, family, finances, health, relationships, spirituality, and emotions. We also have a perception for what our current conditions are, which are probably not the same as our blueprint.


## HAPPINESS EQUATION

Ideal Life = Current Life  Happiness

## UNHAPPINESS EQUATION

Ideal Life  $\neq$  Current Life  Unhappiness

## MISERY EQUATION

Perceived Current Life < Real Current Life  Misery

The first 2 equations are self-explanatory. The danger here lies in our perceptions of our own realities. Our perceptions create our realities because they are driven by an emotion. If you PERCEIVE your current situation as one that you cannot change, the result is misery.

Here, we will discover how close our equation is. Our perceptions are also going to shift as we begin to change their meaning.

On the next page is your "Wheel of Life." In each area, color in the amount of the pie slice that corresponds to where you are today vs. where you really want to be. The center is "0" and the outside is "10".

For example, you may rate your career a "7" and your finances a "4". Draw a line across that section at your number and color in that section.

## THREE IMPORTANT NOTES:

- 1** The pie slices are not carved in stone. Change them to meet your life. If you are retired or a student, the "career" slice can be renamed "service work" or "school."
- 2** This is YOUR wheel. You are responsible for defining what each area is for you. What is included in "relationships?" Everyone will define this differently. How do you define "spirituality?" Your definitions will be what you rate.
- 3** Again, this is YOUR wheel. We can easily get hung up on what other people want us to do or be. This is not their wheel. When you think about your ideal, remember that it is YOUR ideal, not what someone else wants you to be.

# YOUR WHEEL OF LIFE

