



On the chart, rate your area of satisfaction on a scale of 0-9 and mark it on the graph. Zero being not satisfied at all in that area of your life to nine being you feel 100% fulfilled and happy with where you are with that area of your life. Now connect the dots from one to the next to form some sort of outer circle.

Spirituality - How connected are you with your spiritual beliefs. Do you feel satisfied with the time and energy that you give this part of your life?

Physical Health - How physically healthy are you? Do you have the energy and stamina you desire? Are you happy with your level of fitness and activity you do? Are you satisfied with your current eating habits and weight?

Family - Do you feel a close connection to your family? Are your relationships healthy and supportive? Do you spend quality time with the ones you love?

Personal Development - How invested are you with some form of personal development? Do you try to grow and push yourself to be your best? Do you try to learn new things and experience passion with goal setting? Are you constantly working to become the best version of yourself?

Self-Image - Do you respect and love yourself unconditionally? Do you practice positive self-talk? How highly do you think of your abilities? Do you build yourself up?

Career and Finances - Do you enjoy your career? Are you headed towards the direction you want to go with it? Are you exploring new possibilities? Are you satisfied with your current finances?

Friends and Social Life - Are you surrounding yourself with positive supportive people? Do your friends encourage you and bring positivity to your life? Are you having fun in your life and getting out to experience new things?

Technology - Do you currently have a healthy balance when it comes to social media and technology? Do you not let your life get hacked by cell phones, Facebook, Instagram, television and the wonderful world of “virtual reality”? Do you have a good sense of balance when it comes to spending time with technology and spending time in the real world?

Now connect your dots. How does your wheel look? Is it well balanced or do you see flat areas in your circle? Take a minute and just really study it, are you surprised at any of the areas?

For those areas you score 7-9, congratulations you are very satisfied in those areas and it's important for you to maintain what you're doing to keep yourself satisfied. BUT don't overlook that there may be areas for improvement and that you are not limiting your potential to further grow in that area.

If you scored a 4-6 in any of the categories, then I would say you're probably pretty satisfied but definitely have room to grow and explore. Think about how and what you may do to grow a bit in that area.

If your score is a 3 or below in a certain category, then that is an area you may really want to focus on. Don't get down on yourself about it, just see it as a new opportunity to push yourself a little bit in those areas.

We all are a work in progress and balancing your life is going to be something that you are constantly working towards. And that's okay because when it comes to personal development, this wheel is a great place to start.

I am constantly working on areas of my life that I feel need to improve. I probably have hundreds of self-help, positive-thinking, how-to-make-life-great books. I'm usually picking up a new book to read in an area of my life where I feel the most lack at that time. Personal development—that is how we evolve as a person, that is how we continue to grow.

When you stop caring, stop pushing, stop growing, that is when we tend to get really dissatisfied with our lives. Then we start searching for unhealthy things in a quest to find some sort of joy

again. It is imperative that we keep the important things in life in front of us at all times and when one of those areas get weak, we just work at getting it back on track.