

1 Wheel of Life score each area /10

Physical health	1	2	3	4	5	6	7	8	9	10
Mental & emotional	1	2	3	4	5	6	7	8	9	10
Relationships	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Work & calling	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Spiritual life	1	2	3	4	5	6	7	8	9	10
Rest & contribution	1	2	3	4	5	6	7	8	9	10

→ Circle your two lowest. Those are your focus areas.

3 My one step this week

Not this year. This week. Pick ONE thing. Write it down.

I will tell: _____

By when: _____

4 Keep it alive

Weekly 10 min

Did I do my one thing? What's next week's?

Monthly 30 min

Am I drifting? What needs to adjust?

Yearly 2 hours

Rewrite the plan. Re-score the Wheel.

*"For I know the plans I have for you, declares the LORD,"
Jeremiah 29:11*

2 Where do I want to be?

Area	In 2 years	In 5 years	In 10 years
Physical health			
Mental & emotional			
Relationships			
Family			
Work & calling			
Finances			
Spiritual life			
Rest & contribution			

★ A quick check on yourself

Strengths
What am I good at?

Weaknesses
Where am I struggling?

Opportunities
What's in front of me?

Threats
What's putting me at risk?

◆ Notes & future ideas

Thoughts & dreams that aren't commitments yet.
