

# WHEEL OF LIFE QUESTIONS

**01** What do you want to achieve in each area of your life?

**02** How do you want to feel?

**03** What people, things and experiences do you want to attract?

**04** What skills do you want to develop and why?

**05** What do you need to do to improve life satisfaction?

# CREATE AN ANTI-VISION

- **Health & Wellbeing**

I don't want:

- **Contribution & Spirituality**

I don't want:

- **Environment / Personal Space**

I don't want:

- **Relationships**

I don't want:

- **Family & Friends**

I don't want:

- **Wealth & Finance**

I don't want:

- **Career/Job**

I don't want:

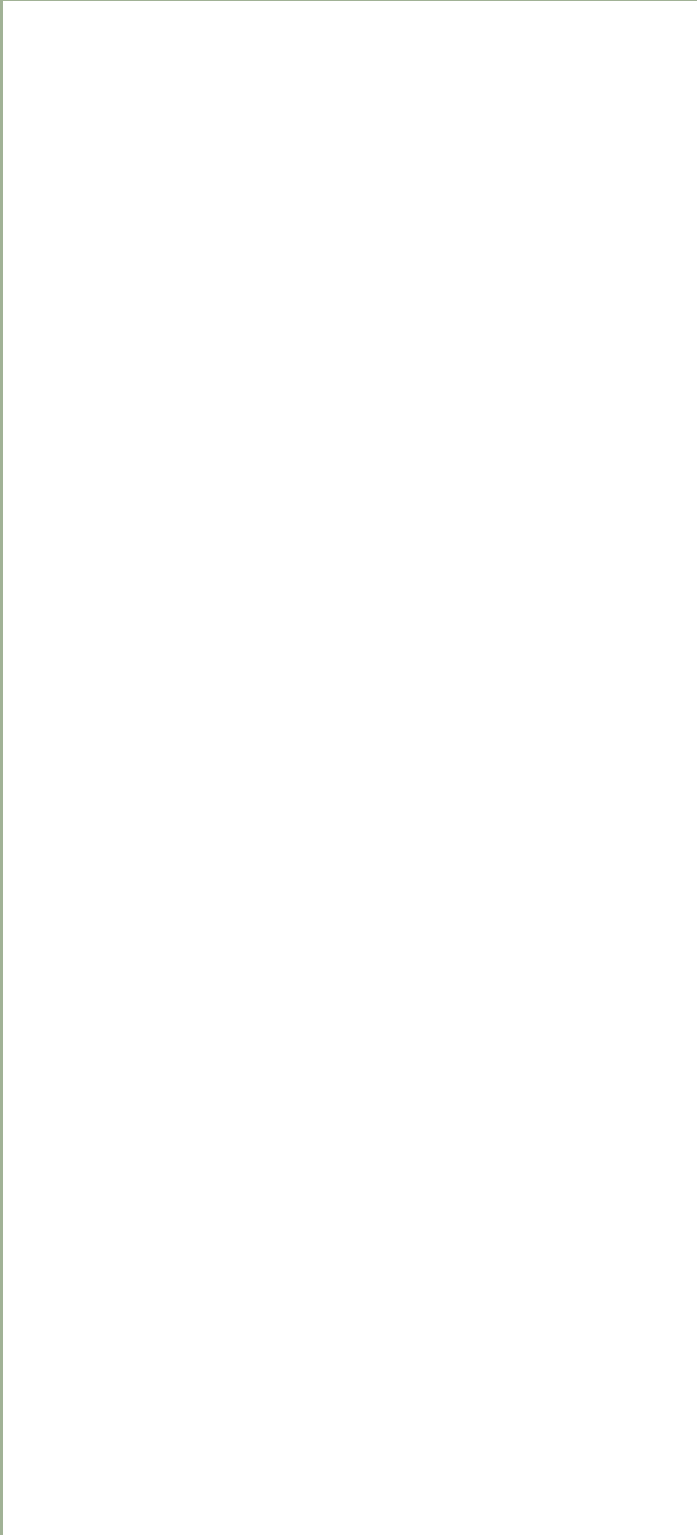
- **Fun & Adventure**

I don't want:

# INVESTIGATE YOUR FEELINGS

Identify what feelings you want to increase and what feelings you want to stop feeding.

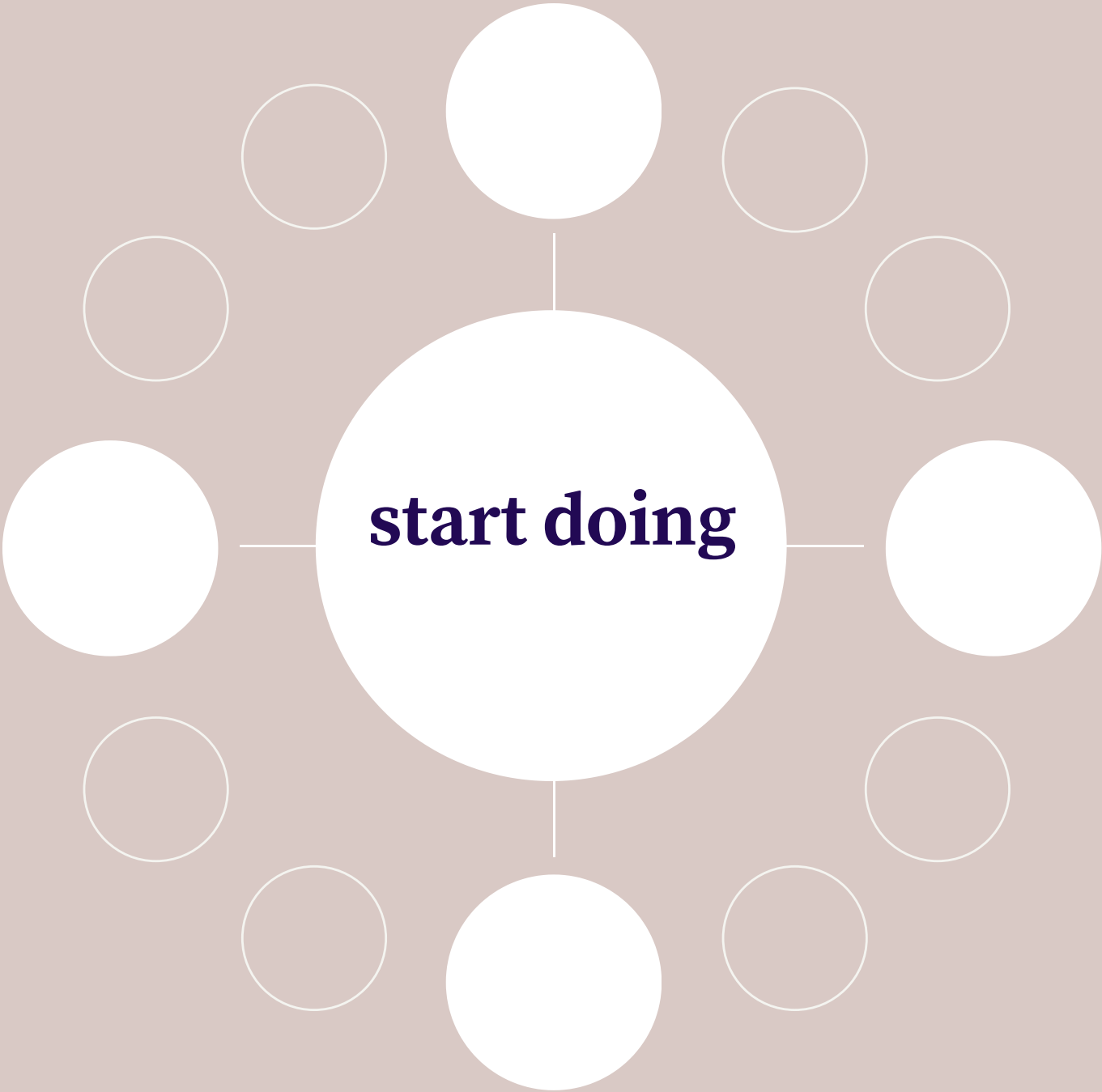
**HOW DO I WANT TO FEEL?**



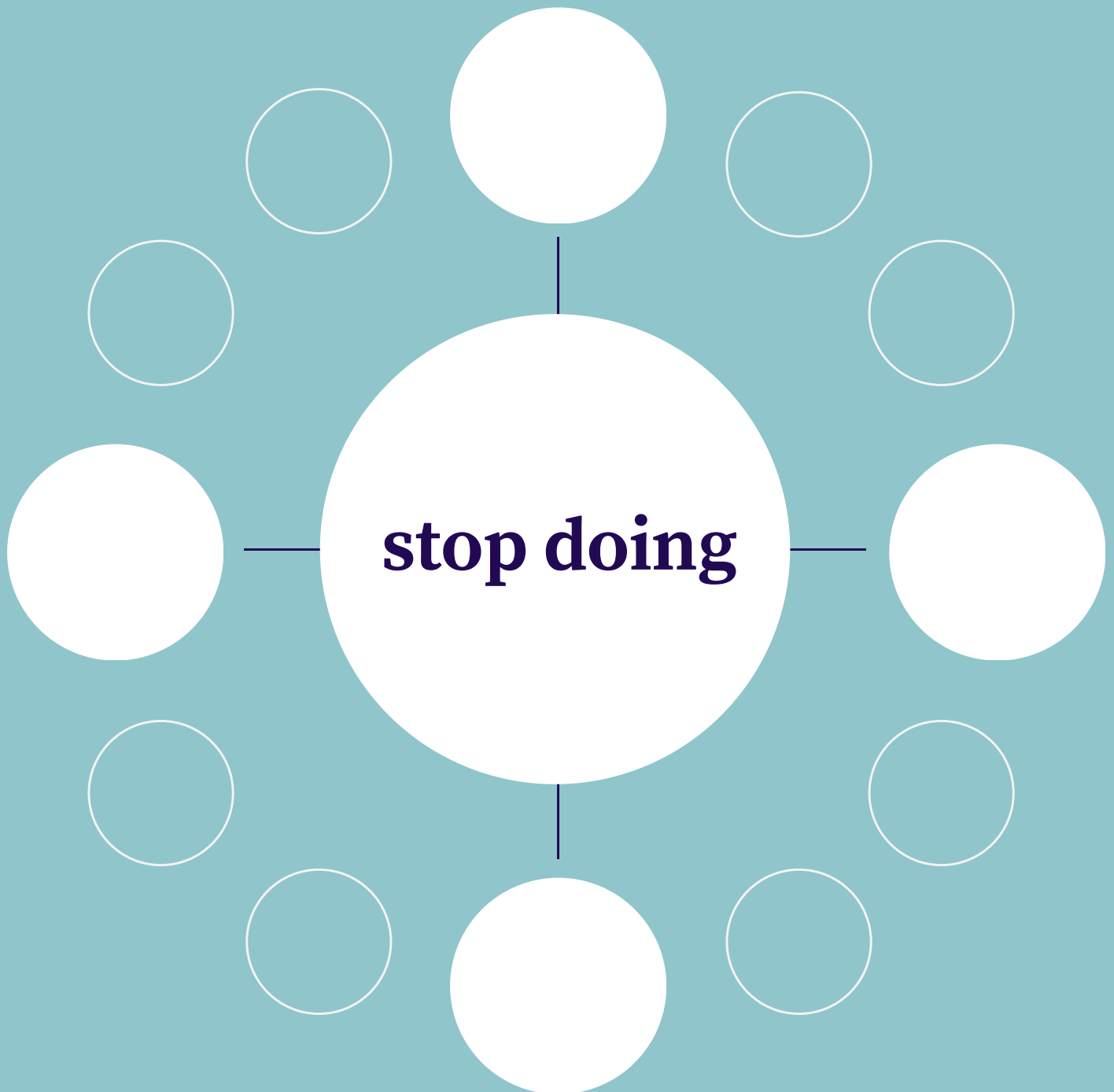
**HOW I DON'T WANT TO FEEL?**



# GOOD HABITS I WANT TO DEVELOP



# BAD HABITS I WANT TO GET RID OF



# SKILLS AND ABILITIES YOU WANT TO DEVELOP & WHY



SKILL / ABILITY:



SKILL / ABILITY:



SKILL / ABILITY:



SKILL / ABILITY:



SKILL / ABILITY:



SKILL / ABILITY:



SKILL / ABILITY:



SKILL / ABILITY:

*"It's not over  
until you win"  
— Les Brown*

# YOUR BUCKET LIST OF

## *Experiences*
