Wheel of Life
Planning Worksheet

Instructions: For each of the seven areas define what success looks like to you. Be specific! Rate yourself on a scale of 1-10 for how you are doing in each area.

Choose which areas you want to focus on and in an area you are ready to make a change in, then set SMALL goals that you know you can achieve!

For example, if you rate yourself a 5 in Regular Fitness Program under Physical, what *small* step can you commit to – one that you are guaranteed not to fail? Another way to look at this would be to ask, “What will take me to a 5.5?”

For instructional purposes I have included Ziglar’s description of four of the areas and some additional examples from Darren Hardy. You should define them for yourself, though, for each area. Again – be specific! For example, under Family, Ziglar has “Meals together” as an area. You should get more specific and say, “At least three dinners together each week.” That is easier to rate yourself currently and track. Hardy’s suggestions are more specific, but you should still tailor them to your circumstances.

Focus on no more than 2-4 goals at any given time. Track them on the tracking sheet on the last page of this document.

Here’s to your success!

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**Physical/Health**

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| --- | --- | --- |
| What does success look like? | Current number 1-10 | Goal number 1-10 |
| Appearance |  |  |
| Regular checkup |  |  |
| Energy level |  |  |
| Muscles toned |  |  |
| Regular fitness program |  |  |
| Weight control |  |  |
| Diet & nutrition |  |  |
| Stress control |  |  |
| Endurance & strength |  |  |
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Additional examples from Darren Hardy:
I do strength training at least 3x a week.
I do cardiovascular exercise at least 3x a week.
I do stretching and/or yoga type exercise at least 3x a week.
During a typical day, I watch no more than 1 hour of TV.
I eat a healthy breakfast every day.
I spend time outside for at least 30 minutes a day, every day.
I have undisturbed sleep for at least 8 hours each night.
I don’t drink more than 1 caffeinated beverage per day.
I drink at least 8 glasses of water per day

**Focus Area(s):**

**Small step(s) to take me to the next level:**

**Spiritual**

|  |  |  |
| --- | --- | --- |
| What does success look like? | Current number 1-10 | Goal number 1-10 |
| Believe in God |  |  |
| Inner peace |  |  |
| Influence on others |  |  |
| Spouse relationship |  |  |
| Church involvement |  |  |
| Sense of purpose |  |  |
| Attitude for giving donations |  |  |
| Prayer |  |  |
| Bible study |  |  |
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Additional examples from Darren Hardy:
I take at least 20 minutes each day to meditate and reflect on my life.
I have a personal relationship with my spiritual source.
I study my spiritual beliefs daily.
I practice my spiritual beliefs daily.
I teach my spiritual beliefs daily.
I live completely in accordance to my spiritual beliefs.
I consistently use my spirituality to help resolve my problems.
 **Focus Area(s):**

**Small step(s) to take me to the next level:**

**Mind/Intellect**

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| What does success look like? | Current number 1-10 | Goal number 1-10 |
| Attitude |  |  |
| Intelligence |  |  |
| Formal education |  |  |
| Continuing education & training |  |  |
| Creative imagination |  |  |
| Inspirational reading |  |  |
| Audio program education |  |  |
| Inquisitive mind |  |  |
| Self-image |  |  |
| Enthusiasm |  |  |
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Additional examples from Darren Hardy:
I read something instructional or inspirational for at least 30 minutes each day.
I listen to something instructional or inspirational for at least 30 minutes each day.
I stay completely current with my industry news.
I seek instructional information in my field every day.
I have a mentor whom I trust.
All my friends are a positive influence in my life.
I never engage in gossip.
I review my major goals every day.
I review what I am grateful for every day.
I always say no to requests or obligations that don’t fit my core values or objectives.

**Focus Area(s):**

**Small step(s) to take me to the next level:**

**Family**

|  |  |  |
| --- | --- | --- |
| What does success look like? | Current number 1-10 | Goal number 1-10 |
| Listening |  |  |
| Good role model |  |  |
| Principled but flexible |  |  |
| Forgiving attitude |  |  |
| Build self-esteem of others |  |  |
| Express love & respect |  |  |
| Meals together |  |  |
| Family relationships |  |  |
| Dealing with disagreements |  |  |
| Time together |  |  |
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Additional examples from Darren Hardy:
I spend at least 10 hours of focused time with my family each week.
I get together with friends at least once a week.
I am actively engaged in learning how to be a better spouse, parent and/or friend.
I actively look for ways to support and help advance the success of my friends and family.
It is easy for me to commit to others and honor those commitments.
I recognize when I need support and am continually seeking help.

**Focus Area(s):**

**Small step(s) to take me to the next level:**

**Personal & Social**

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| What does success look like? | Current number 1-10 | Goal number 1-10 |
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Examples from Darren Hardy:
I have hobbies outside of work that I enjoy and take part in at least 3 times a week.
I attend cultural events (e.g., opera, museums, theatre) at least 2 times a month.
I vacation at least once a year with no work communications.
I am constantly seeking adventure, trying something new and creating diverse experiences.
I live life to the fullest every day.
I take time out to daydream every day.
I am completely present in every moment of every day.

**Focus Area(s):**

**Small step(s) to take me to the next level:**

**Work & Career**

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| What does success look like? | Current number 1-10 | Goal number 1-10 |
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Examples from Darren Hardy:
I plan my day out the day before.
My goals are written, prominently displayed and regularly reviewed.
I love what I do and enjoy getting up every day to do my job.
I am constantly improving my professional strengths and weaknesses.
If I could, I would still do my job without pay.
I am home with my family on time every day.
My current job has the realistic potential of accomplishing all my financial goals for the next year.
My current job has the realistic potential of accomplishing all my financial goals for the next 10 years.
My current job gives me a feeling of significance as it makes a positive difference in the lives of others.

**Focus Area(s):**

**Small step(s) to take me to the next level:**

**Financial**

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| What does success look like? | Current number 1-10 | Goal number 1-10 |
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Examples from Darren Hardy:
I have a completely detailed budget and unfailingly stick to it.
I have a professionally designed and diversified financial portfolio.
I save at least 10% of my income every month.
I am credit card debt-free.
I have a dedicated six-month reserve account completely funded and set aside.
I have an updated and complete last will and testament.
I have the needed insurance and financial plan in place for my family should something happen to me.
I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life.
I live well below my means and never spend money imprudently.

**Focus Area(s):**

**Small step(s) to take me to the next level:**

**WEEKLY BEHAVIOR CHANGE REGISTER**

Date Range:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Behavior/Action** | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** | **Achieved** | **Goal** | **Net** |
| Example: Eat healthy breakfast | X |  | X | X | X |  | X | 5 | 7 | <2> |
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Adapted from Darren Hardy “*The Compound Effect”*