

# LIFE RHYTHM

THE FOLLOWING PIE CHART IS AN OVERVIEW OF THE MOST COMMON **SLICES OF LIFE** THAT SHAPE OUR **DAILY RHYTHMS**. SPEND TIME **CONSIDERING** EACH SLICE. NOTE YOUR **DEGREE OF SATISFACTION**, FACTORING IN YOUR **MISSION AND VALUES**, FOR EACH OF THESE KEY AREAS OF LIFE.

## Qs to Help You Discern the Slices of the Wheel:

1. WHICH AREA(S) REALLY CAUSED YOU TO PAUSE AND THINK?
2. HOW DO YOU CURRENTLY SPEND TIME IN THAT AREA?
3. HOW WOULD YOU PREFER TO SPEND TIME IN THAT AREA?
4. WHAT WOULD MAKE THAT SLICE A SCORE OF 10? WHY?
5. HOW MIGHT A SCORE OF 10 IN ONE AREA IMPACT OTHER SLICES? HOW MIGHT A LOW SCORE IMPACT OTHERS?
6. WHICH OF THESE CATEGORIES WOULD YOU MOST LIKE TO IMPROVE?
7. HOW COULD YOU MAKE SPACE FOR THESE CHANGES IN YOUR LIFE?
8. WHAT HELP AND SUPPORT MIGHT YOU NEED FROM OTHERS TO MAKE CHANGES AND BE MORE SATISFIED WITH YOUR LIFE?
9. WHICH SLICE DO YOU WANT TO GROW IN FIRST?
10. WHAT IS THE SMALLEST STEP YOU COULD TAKE TO GET STARTED IN?
11. IF THERE WAS ONE KEY ACTION THAT WOULD BEGIN TO BRING EVERYTHING INTO BALANCE, WHAT WOULD IT BE?
12. OVERALL, HOW DO YOU FEEL ABOUT YOUR LIFE RHYTHM AS YOU LOOK AT THE COMPLETED WHEEL?

**Qs adapted from** <https://www.thecoachingtoolscompany.com/wheel-of-life-complete-guide-everything-you-need-to-know/>

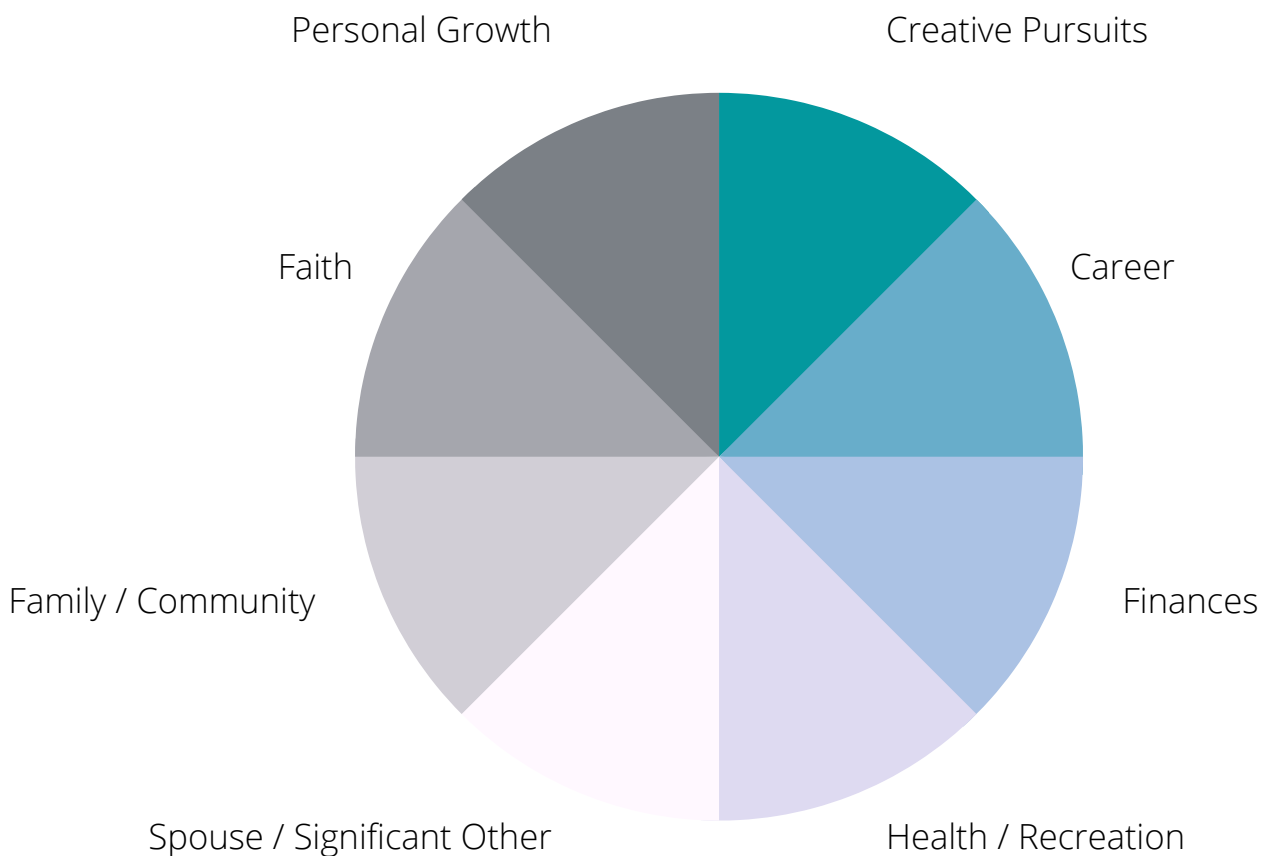
SLICES OF LIFE

**Personal Growth:** education, equipping, counsel, holistic investment...

**Career:** vocation, day job, income hustle

**Creative Pursuits:** motivation, inspiration and production of your craft

**Finances:** income, investments



**Health / Recreation:** general well being, active lifestyle, fun, intentional workout / exercise

**Spouse / Significant Other:** quality and quantity time and energy together

**Family / Community:** quality and quantity of time and energy together

**Faith:** time and resources engaged in your of spiritual life / belief system

WORKSHEET

Print / Draw / Journal

WITHIN EACH PIE SLICE, SPEND TIME DISCERNING YOUR LEVEL OF SATISFACTION ON A SCALE OF 1-10 (10 BEING VERY SATISFIED). THEN, DRAW A STRAIGHT LINE ACROSS TO EACH CORRESPONDING RUNG ON THE GAUGE.

