

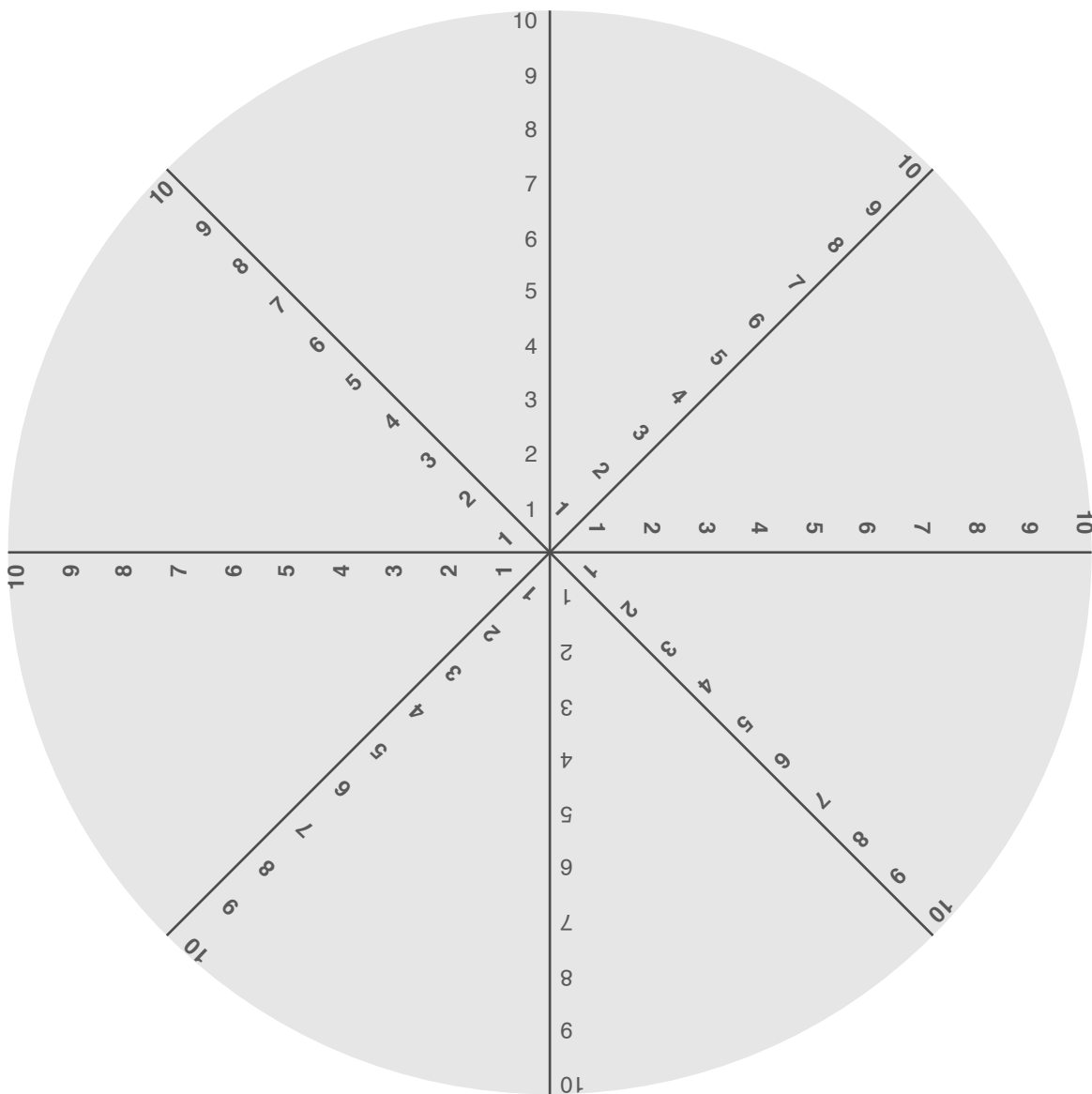
Goals! And the Wheel of Life.



THE EXPANSIVE WOMAN
PROJECT

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Wheel of Life



1. Determine which life zones you'd like to include.

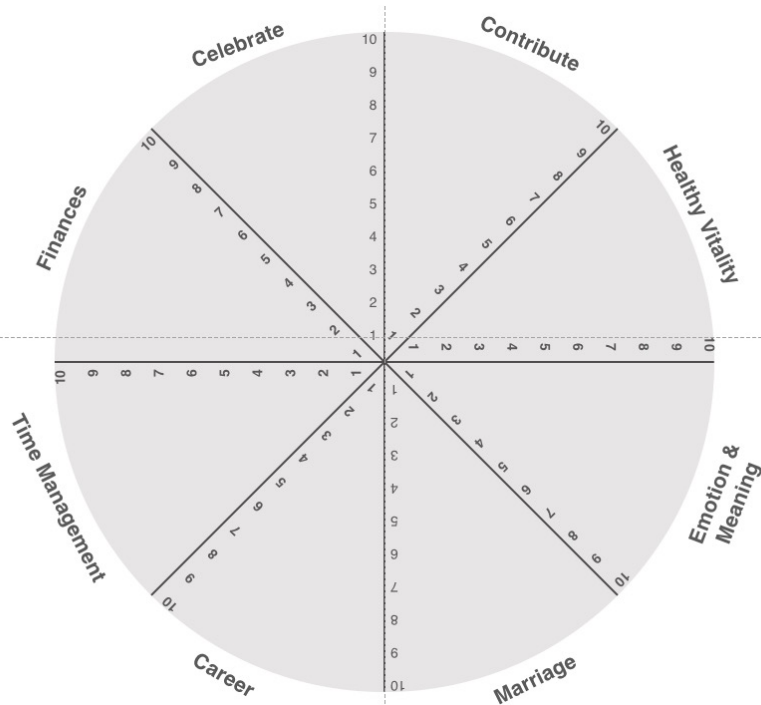
Choose 8 zones that are right for you at this time in your life. Remember your needs, values, purpose, mission and vision and choose life zones that will support them.

Sample Life Zones

- Family
- Primary relationship
- Healthy, happy kids
- Friendships
- Finances
- Community
- Celebration/fun
- Health
- Home
- Personal growth
- Emotion and meaning
- Creativity and self expression
- Career
- Time management

Wheel of Life Steps

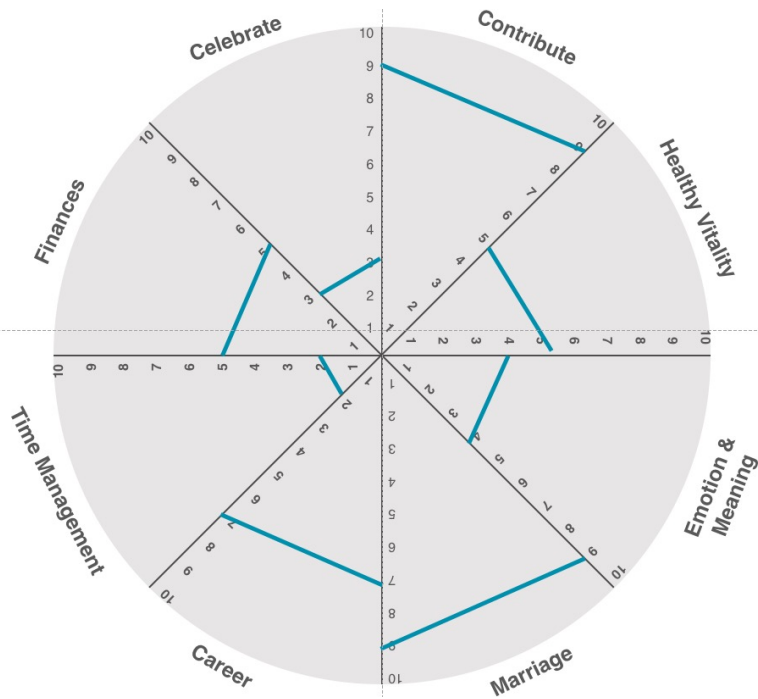
2. Label your wheel segments with your chosen life zones.



Wheel of Life Steps

3. Rate your current level of satisfaction in each life zone from 1 to 10.

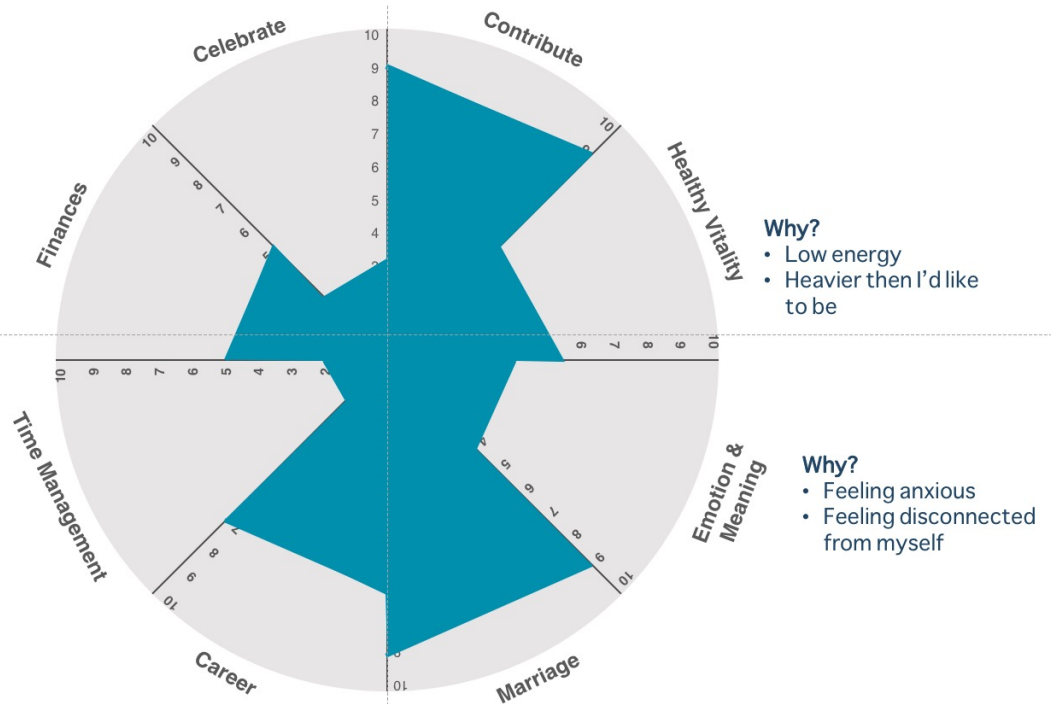
Draw a line to indicate your rating.



Wheel of Life Steps

4. Get out the colored pencils! Color in your life wheel. This gives you a picture of your current life.

Add 2 to 3 bullets about why you gave each zone its rating.



5. Choose a time frame of 6, 12 or 18 months. Imagine what a 10 would look like for each zone.

Keep the timeframe in mind. What would a 10 look like given the amount of time you have to get there. Be realistic. We don't want to set you up for failure.

Your 10 for each zone should support your needs and align with your values, purpose, mission and vision.

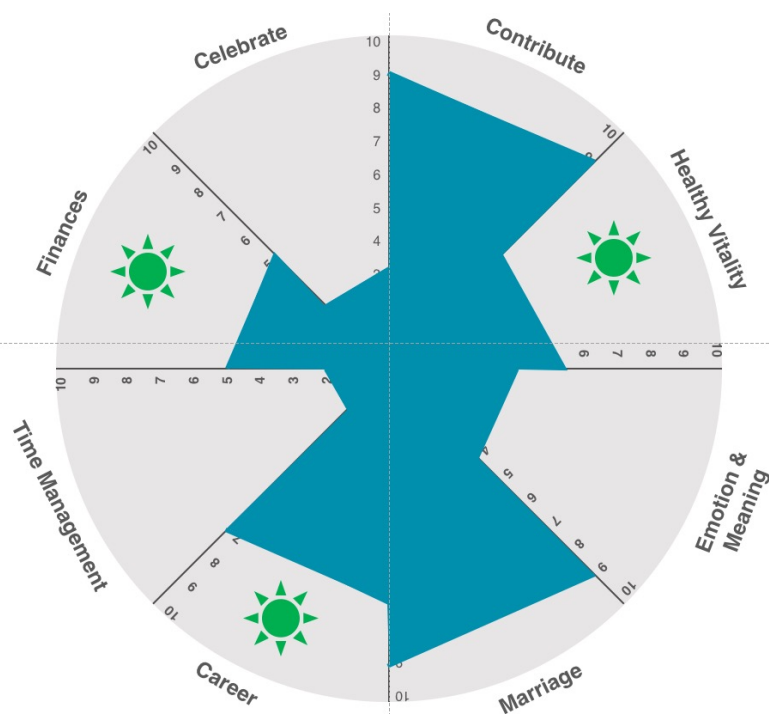
Dream big, but be able to identify steps to get there.

You should feel a deep connection to your 10 scenarios and a strong desire to get there.

Wheel of Life Steps

6. Choose 2 to 4 zones to focus on first.

Choose at least one “medium” scoring zone. It could become a quick win for you.



7. Set 1 to 2 goals for each of your prioritized zones.

Your goals should be large and encompassing. We'll break them down more granularly later.

Your goals should be a little bit scary. You want to stretch yourself.

Give each goal a big juicy outcome that you find inspiring and exciting.

Eg.

Goal:

Make major progress on physical health by joining a spinning class.

Why:

To renew the energy within me, to develop a sense of inner strength, to have fun.

8. Evaluate each goal.

Is this what you really want?

Is the outcome worth the effort?

If you want, share you goals with someone you trust.

How do you feel as you're telling them about your goals?
Excited? Scared? Ho-hum?

If need be, go back and revise your goals.

We want your eyes to light up when you're talking about them.

9. Create a professional life wheel.

Note: If you're retired, or not interested in career development at this time, feel free to skip this step.

Complete steps 1 through 6, but with your professional life in mind.

Sample Professional Zones:

- Team development
- Leadership skills
- Influential skills
- Strategic planning
- Innovation
- Maximize skills
- Revenue generation
- Personal brand
- Product delivery
- Cost management
- Efficiency
- Time management
- Managing up
- Stress management

10. Set 1 to 2 goals for each of your prioritized zones.

Your goals should be large and encompassing. We'll break them down more granularly later.

Your goals should be a little bit scary. You want to stretch yourself.

Remember to make professional goals SMART.

Specific

Measurable

Achievable

Relevant

Timely

11. Review your personal and professional goals one more time.

Can you realistically achieve them within the timeframe you set (6, 12, 18 months)?

Are there realistic steps you can take to achieve them?

Do you feel a deep connection to them?