

MODULE 2 - WEEK 5 - HOLISTIC WHEEL OF LIFE EXERCISE

This wheel represents all aspects of your life. Grab some crayons or markers or colored pencils and color in how full each pie slice is to your personal dream and vision. Keep a couple copies on hand for every few months we will return to this and see where things have shifted. Label each pie slice with: **Spirituality, Life Purpose, Fun + Play, Money, Family + Friends, Health, Love/Relationships**. Fill in as much of the slice as you feel you have in your life today. Date this page, and repeat this every few months to keep focused on what choices you are making to fill up your life.

Holistic Wheel

