

THE WHEEL OF LIFE

WHERE ARE YOU SPENDING YOURSELF? AND WHERE ARE YOU RUNNING ON EMPTY?

Most of us are not “tired in general.” We are spent in one or two specific areas and starving in others. This tool shows you which.



SCORE IT AS IT STANDS TODAY, NOT HOW IT LOOKS FROM THE OUTSIDE

Score each of the eight areas below from 1 (running on empty) to 10 (genuinely thriving), as it stands today, not how you want it to be, not how it looks from the outside. Shade each segment of the wheel up to your score. Then step back and look at the shape you've drawn.

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AFTER YOU’VE DRAWN YOUR WHEEL

STEP 1 – NAME THE GAP.

Which segment has the biggest distance between where you are and where you want to be?
Circle it.

STEP 2 – PICK ONE MOVE.

Not a plan. Not a goal. One specific thing you could do this week that would nudge that segment by even half a point. Write it here:

This week I will:

STEP 3 – TELL SOMEONE.

The research on behaviour change is consistent: the women who move are the ones who said it out loud to another person. Tell one woman — in the room today, in your life, in the Sisterhood, what your one move is.

I will tell: