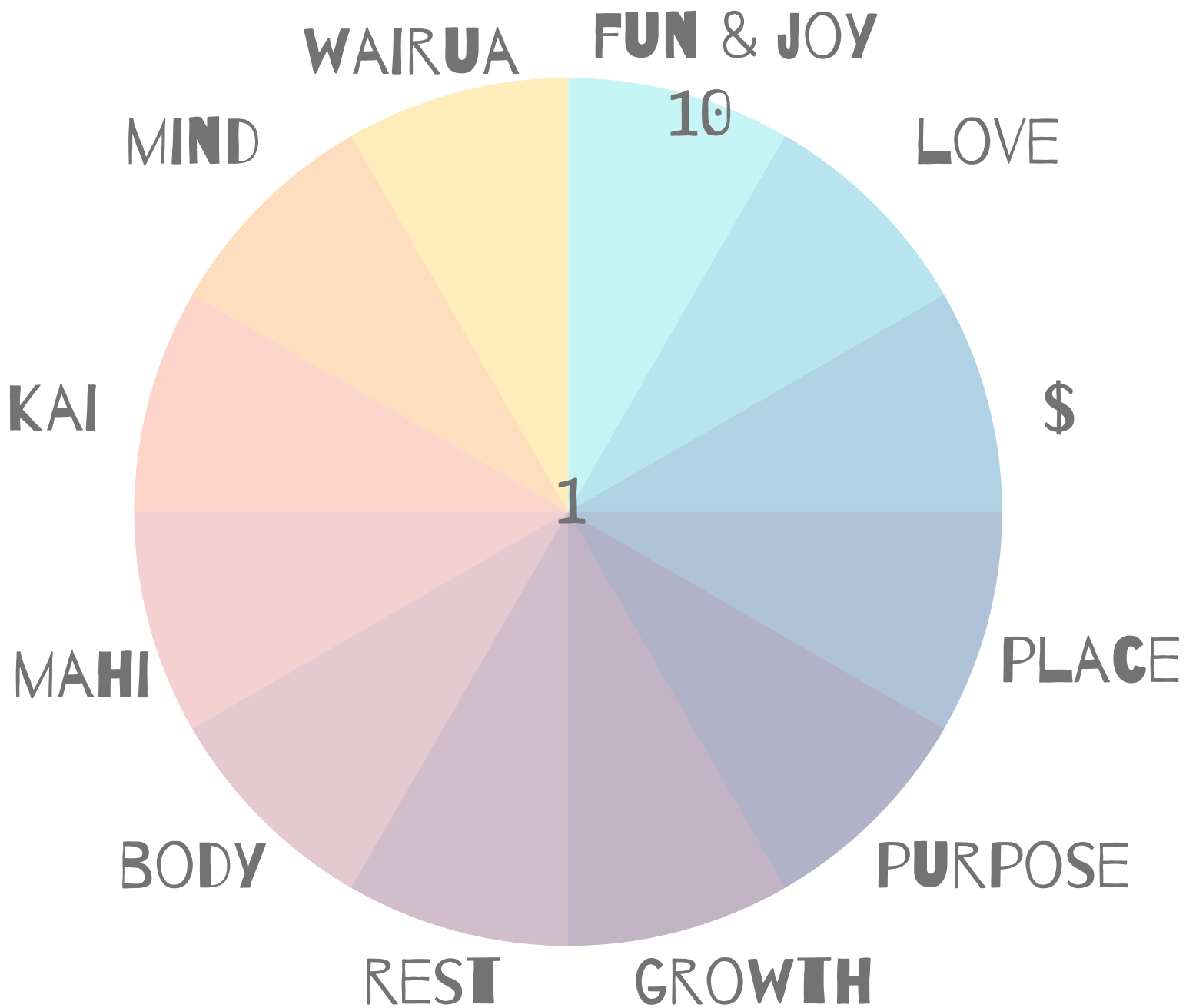


# WHEEL OF LIFE

INTUITIVELY PLACE A LINE  
ON EACH SEGMENT OF WELLBEING  
FROM 1 (LOW) TO 10 (GREAT)



For 1 on 1 coaching or support on any insights that come from this exercise get in touch [carl@theprovider.co.nz](mailto:carl@theprovider.co.nz) Mobile +64 21 2274354 [www.theprovider.co.nz](http://www.theprovider.co.nz)

|                      |  | <b>SCORE</b> | <b>NOTES</b> |
|----------------------|--|--------------|--------------|
| <b>FUN &amp; JOY</b> | Time spent doing the things that light you up              |              |              |
| <b>LOVE</b>          | Intimate relationship with your most important person      |              |              |
| <b>\$</b>            | Financial situation, ability to pay bills, security        |              |              |
| <b>PLACE</b>         | Connection to land, community, home                        |              |              |
| <b>PURPOSE</b>       | Do you feel you are of service and working on your calling |              |              |
| <b>GROWTH</b>        | Sense of learning, growing in wisdom, spiritual growth     |              |              |
| <b>REST</b>          | How is your sleep, stress levels and do you rest?          |              |              |
| <b>BODY</b>          | Overall body health, strength, fitness, stretchiness       |              |              |
| <b>MAHI</b>          | Do you love what you do for a living?                      |              |              |
| <b>KAI</b>           | Food and drink. Are you happy with how you fuel up?        |              |              |
| <b>MIND</b>          | Sense of calm, clarity, mental productivity                |              |              |
| <b>WAIRUA</b>        | Overall spirit, life force, connection to spirit           |              |              |