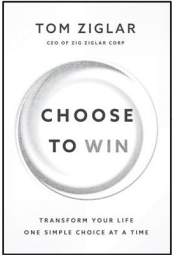




C H O O S E T O W I N



Choose To Win - Wheel of Life - Assessment

Directions: on the following pages rate yourself from 1-10 in each category. Divide your total by 10 to reach your final number in each category. Using spokes of the wheel image below, plot your number in each category and connect the dots to see how smooth your ride is.

Physical

- appearance
- regular checkup
- energy level
- muscles toned
- regular fitness program
- weight control
- diet & nutrition
- stress control
- endurance & strength
- enough sleep
- TOTAL ÷ 10 = _____

Spiritual

- believe in god
- inner peace
- influence on others
- spouse relationship
- church involvement
- sense of purpose
- attitude for giving donations
- prayer
- Bible study
- abundant gratitude
- TOTAL ÷ 10 = _____

Mental

- attitude
- intelligence
- formal education
- continuing education & training
- creative imagination
- inspirational reading
- inquisitive mind
- self-image
- enthusiasm
- reading or audible books
- TOTAL ÷ 10 = _____

Family

- listening
- good role model
- principled but flexible
- forgiving attitude
- build self-esteem of others
- express love and respect
- meals together
- family relationships
- dealing with disagreements
- time together
- TOTAL ÷ 10 = _____

Financial

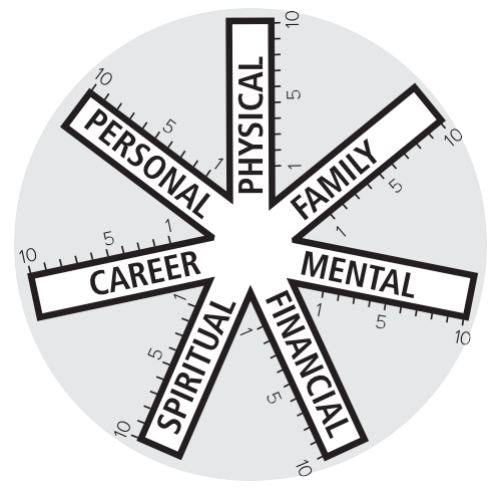
- proper priority
- personal budget
- impulse purchases
- earnings
- living within income
- money in savings
- adequate insurance
- investments
- financial statement
- debt free
- TOTAL ÷ 10 = _____

Personal

- recreation
- exercise
- friendships
- community activities
- service clubs
- quiet time
- growth time
- consistent life
- appropriate social media
- time management
- TOTAL ÷ 10 = _____

Career

- love what i do
- understand my job
- co-worker relationships
- productivity
- understand company goals
- understand my activity in relationship to my goals
- appreciate company benefits
- opportunity for advancement
- well-trained for my job
- own my business/have career path
- TOTAL ÷ 10 = _____





C H O O S E T O W I N

Choose To Win - Wheel of Life - Assessment

