MOLNÁR BEÁTA

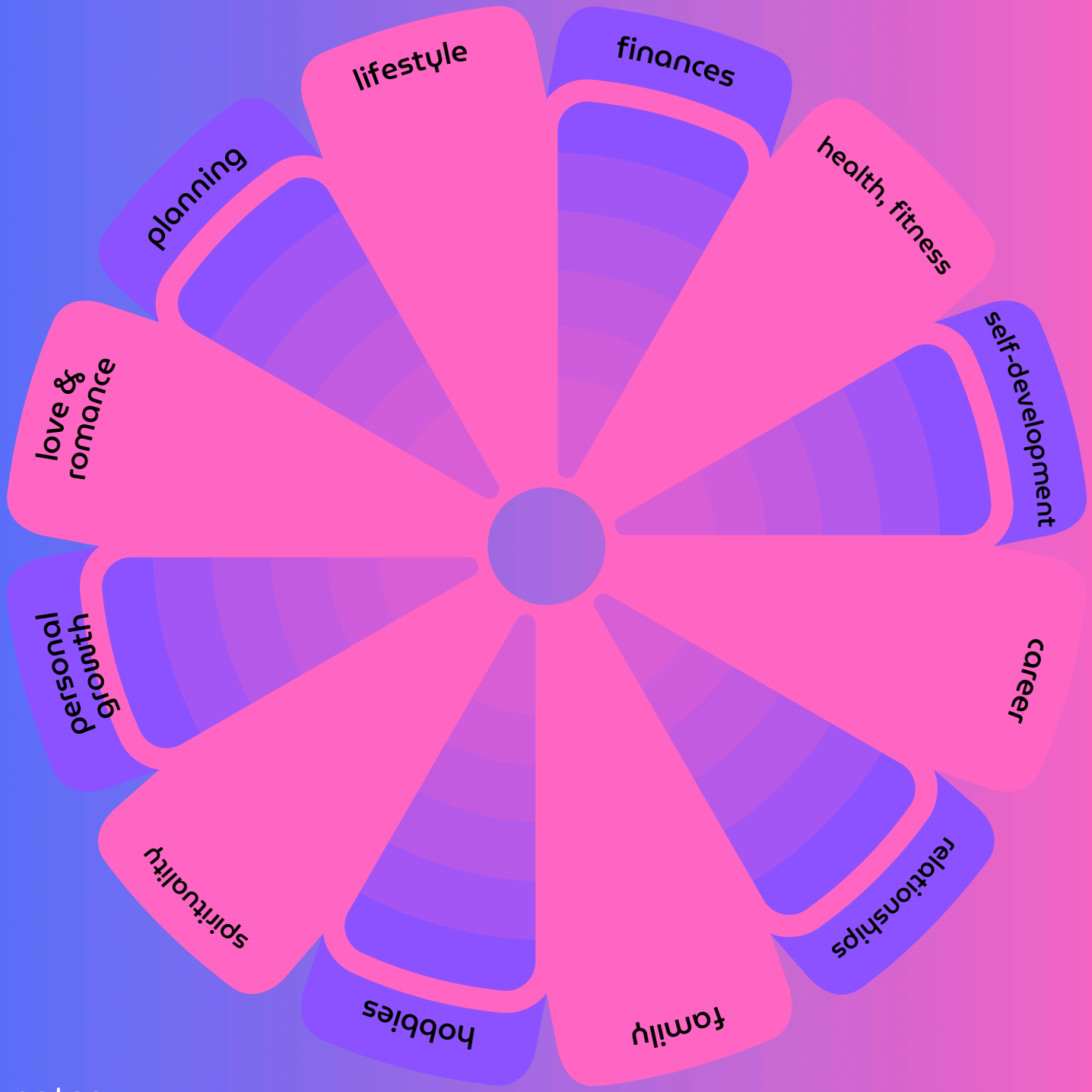


the wheel of life

Get a clear picture of where your life is right now

wheel of life - NOW

Rate each area of your life from 0 to 10 on the wheel below, where 10 is the best. Be honest with yourself!



notes

summary

my lifestyle	my score	/10	does it need to change?	Y N
my finances	my score	/10	does it need to change?	Y N
health, fitness	my score	/10	does it need to change?	Y N
self-development	my score	/10	does it need to change?	Y N
my career	my score	/10	does it need to change?	Y N
my relationships	my score	/10	does it need to change?	Y N
family	my score	/10	does it need to change?	Y N
hobbies	my score	/10	does it need to change?	Y N
spirituality	my score	/10	does it need to change?	Y N
personal growth	my score	/10	does it need to change?	Y N
love, partnership	my score	/10	does it need to change?	Y N
planning	my score	/10	does it need to change?	Y N

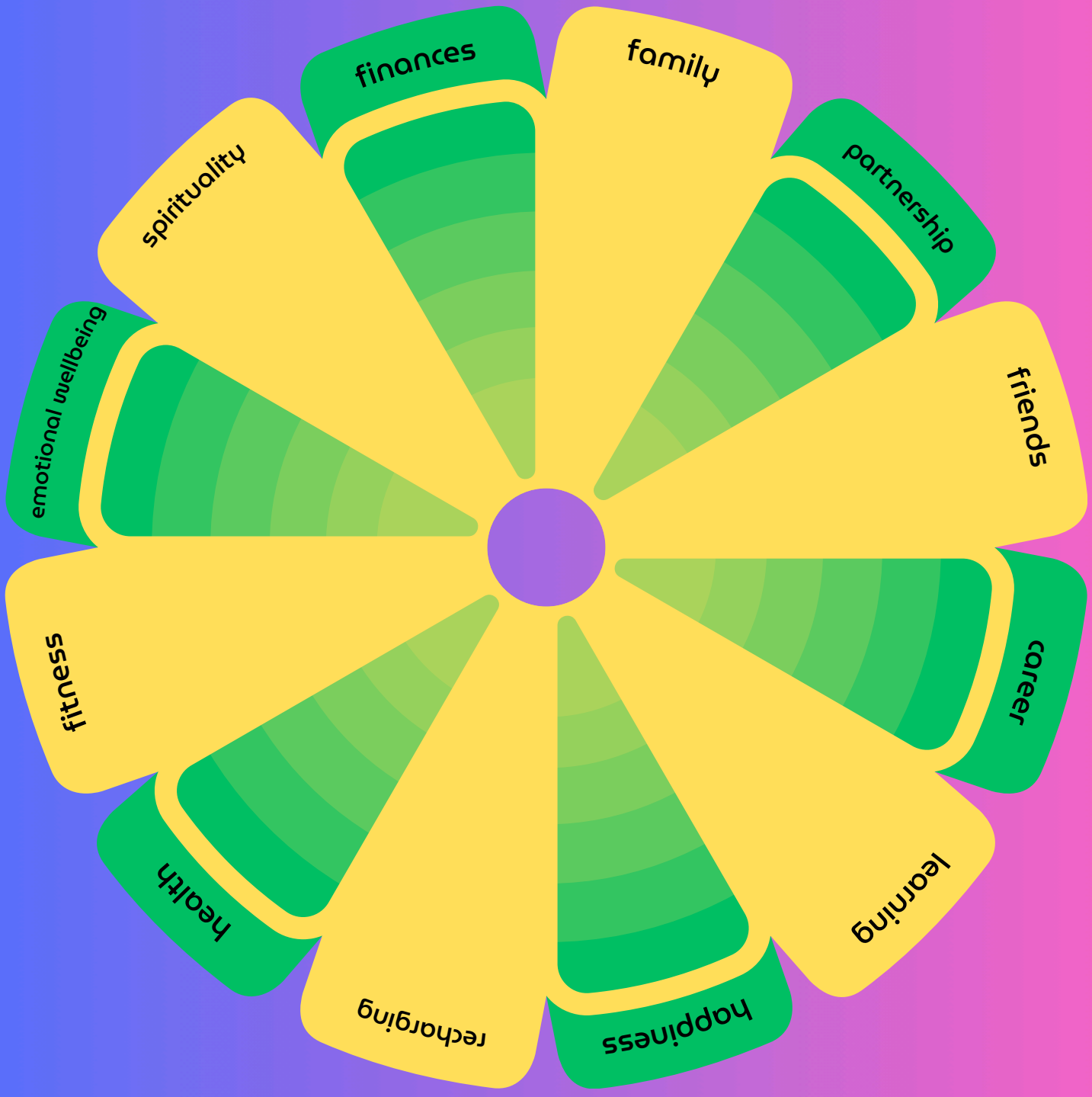
my notes

Reflection

GOAL WHEEL

NAME

DATE



On a 1-10 scale, when would you be satisfied with these areas?

3 months

visualisation

Take 20 minutes for yourself and treat these questions as tools that help you shape your vision of the future.

1. What kind of life do I want? For each category, write down how you would like to see yourself in 3 months:

a. private life, home and family

b. career, work and business

c. health and wellbeing

d. finances

e. community, friends

f. spirituality, learning

g. add a category of your own that isn't listed here but matters to you

2. What would it be like if there were no obstacles?

3. Who do I need to be / become to make it happen?

4. If you could make only one important change in the next 3 months, what would it be?

LIFE PURPOSE

The emotions behind the goals you wrote on the previous page are the driving force that guides your decisions, shapes your goals and influences your behaviour. They give you meaning and a sense of direction. This differs from person to person – everyone has their own unique life purpose.

For each category, write down the WHY behind where you want to see yourself in 3 months. Write down why you MUST reach the goal you have set.

a. private life, home and family

b. career, work and business

c. health and wellbeing

d. finances

e. community, friends

f. spirituality, learning

g. add a category of your own that isn't listed here but matters to you

2. What happens if you don't change and don't reach your goal?

3. What will the reward and result be if you take the necessary steps and reach your goal?

4. What do you need to believe to follow your goal through and achieve an amazing result?

"It is in your moments of decision that your destiny is shaped."

Congratulations from the bottom of my heart on completing every exercise in this workbook!

This recognition is not only for finishing the exercises, but also for being willing to face your challenges and find your inner strength. On this journey you have learned a lot about yourself, and hopefully gained tools that will keep supporting you in the future.

Completing this workbook shows that you are committed to and responsible for your own wellbeing and growth.

Remember that every small step counts, and every effort you make towards positive thinking brings you closer to a happier, more balanced life.

As the quote above says, these moments of decision shape your destiny – so always choose in a way that supports you!

I hope you keep using the steps you have learned here, so you can shift your state whenever you need to – and always remember the strength and perseverance that live within you!

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What is your next step?

Now that your wheel of life is complete, you may already see which area of your life is asking for more attention.

I warmly invite you to a free, no-obligation 15-minute online intro call, where we can look at your insights together and find what your first step could be.

Free intro call

onismeret.thefoxfusion.com/en

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