



Focus List

You will be using your Wheel of Life Diagram that you have already completed.

Wheel of Life—Focus List

Areas that I want to focus on. List them in order of importance to you.

1. _____
2. _____
3. _____

List three possible actions you can take for: _____

1. _____
2. _____
3. _____

List three possible actions you can take for: _____

1. _____
2. _____
3. _____

List three possible actions you can take for: _____

1. _____
2. _____
3. _____

Focus List

List three actions you could take from the lists above and list a start date.

1. _____ start: _____
2. _____ state: _____
3. _____ state: _____

Motivation Level

What could I do, or what would have to happen, to raise the level of my motivation? (Rank 1-10)

1. _____ rank: _____
2. _____ rank: _____
3. _____ rank: _____

The Wheel of Life Exercises not only provides a way of developing insight and understanding, but also encourages use of your intuition to give you real answers. They also provide you with a baseline in creating an action plan for yourself. Keep in mind that tools such as these are only as accurate as the data you provide.

Instructions:

1. Create a Focus List of the three most important areas of your life (represented by segments of your wheel) that you feel need your attention now.
2. Write down three possible actions you can take for each one that will improve the ranking.
3. Now, review the possible actions that you have just created, and choose which three actions from the list, will benefit you the most.
4. Next, write these actions down in order of priority to be developed later into goals, and add a dateline for taking action on each one. (Focus List)
5. Now, consider your choices and the motivation for accomplishing these actions and give them a ranking from 1-10. (Motivation Level)
6. Finally, ask yourself, "what could I do, or what would have to happen, to raise the level of my motivation?" and write down the answers at the bottom of the template. Be spontaneous and do not put much thought into your answers, as you want this to come from your intuition.

* It will be a good idea to print extra copies of this exercise before you start.