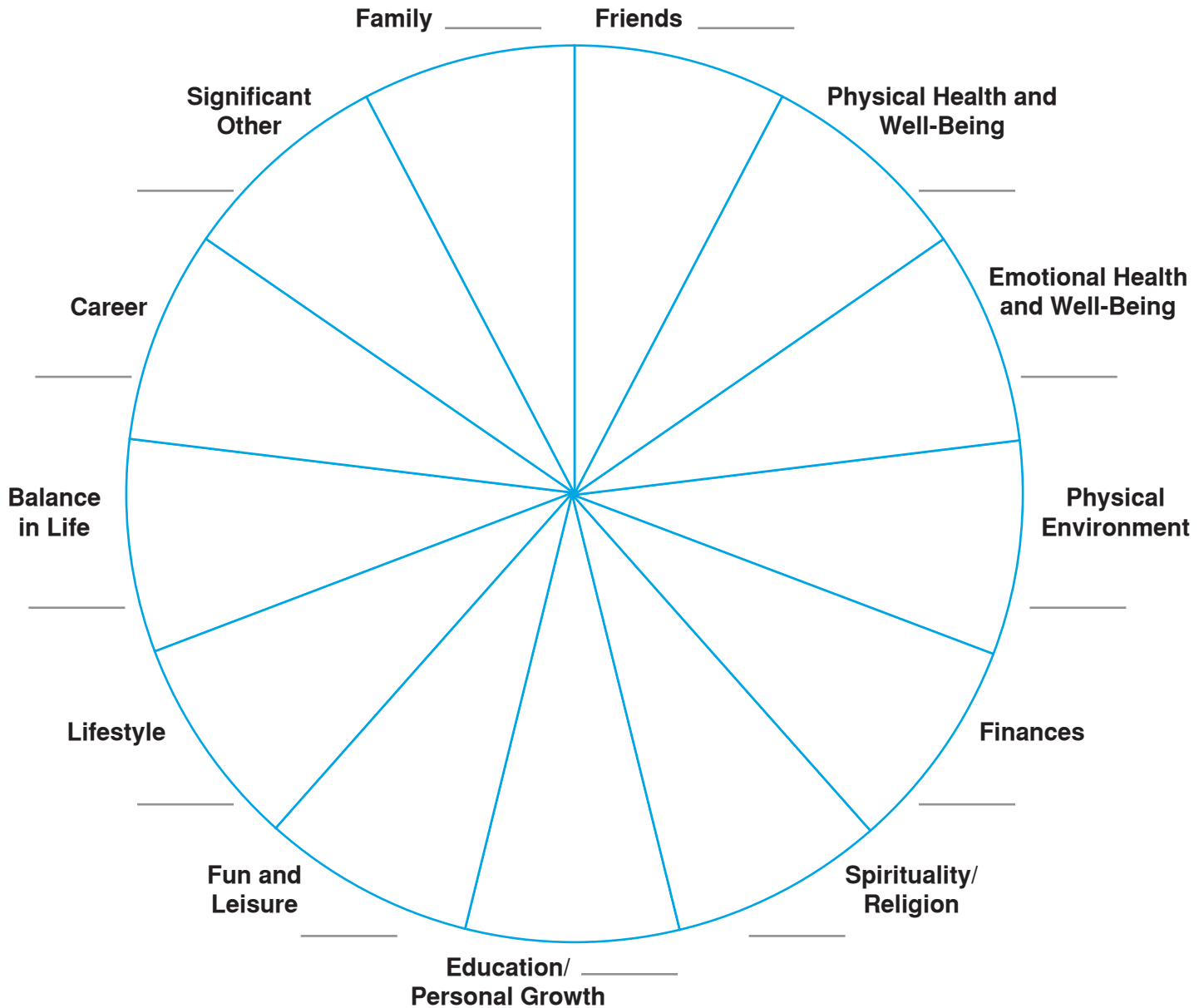


# Life Wheel

The first step in Making "What's Next?" **What Matters™** is to know where you are now. Follow these steps to obtain a clearer understanding about the 13 areas of your life represented below.

**STEP ONE:** Rate your level of satisfaction for each area on a scale from 1 to 10, where 10 is most satisfied. Write the number next to each section of the Wheel.

**STEP TWO:** What are your current circumstances, concerns, goals and vision for each area? Write notes in each section of the Wheel.



**STEP THREE:** Choose one or two of the areas of least satisfaction and come up with one small step you can take to improve them.

*If you are stuck,  
call a friend,  
or call me!*

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