ALEMÁN
& ASSOCIATES

Map Your Vision

If you could imagine your ideal life one year from now, what would it be like?

_____
_____

How would it be different from the way it is now?

_____
_____
_____

If you had a new job or made new friends during the next three years...

What would they be like?

_____

Where would you be living?

_____

What would your hobbies and interests be?

_____

How about ten years from now?

_____

Twenty?

_____

Thirty?

_____

Fifty?

_____

It might feel overwhelming, however, methodically thinking about what is important to you, what you want to keep, what you want to eliminate, what you might need to accept and what you may need to change can help you make the right choices today for the life you want in the future.

Assess Where You Are Now

Use the life wheel on the next page to consider each area of your life, assess what needs attention and where you can tap into the energy you need to make a change.
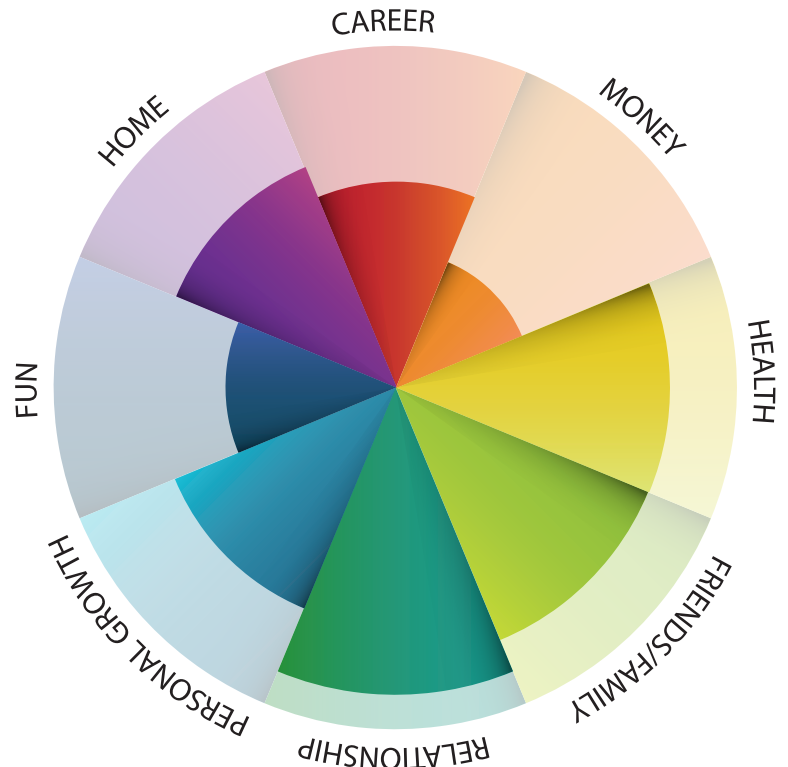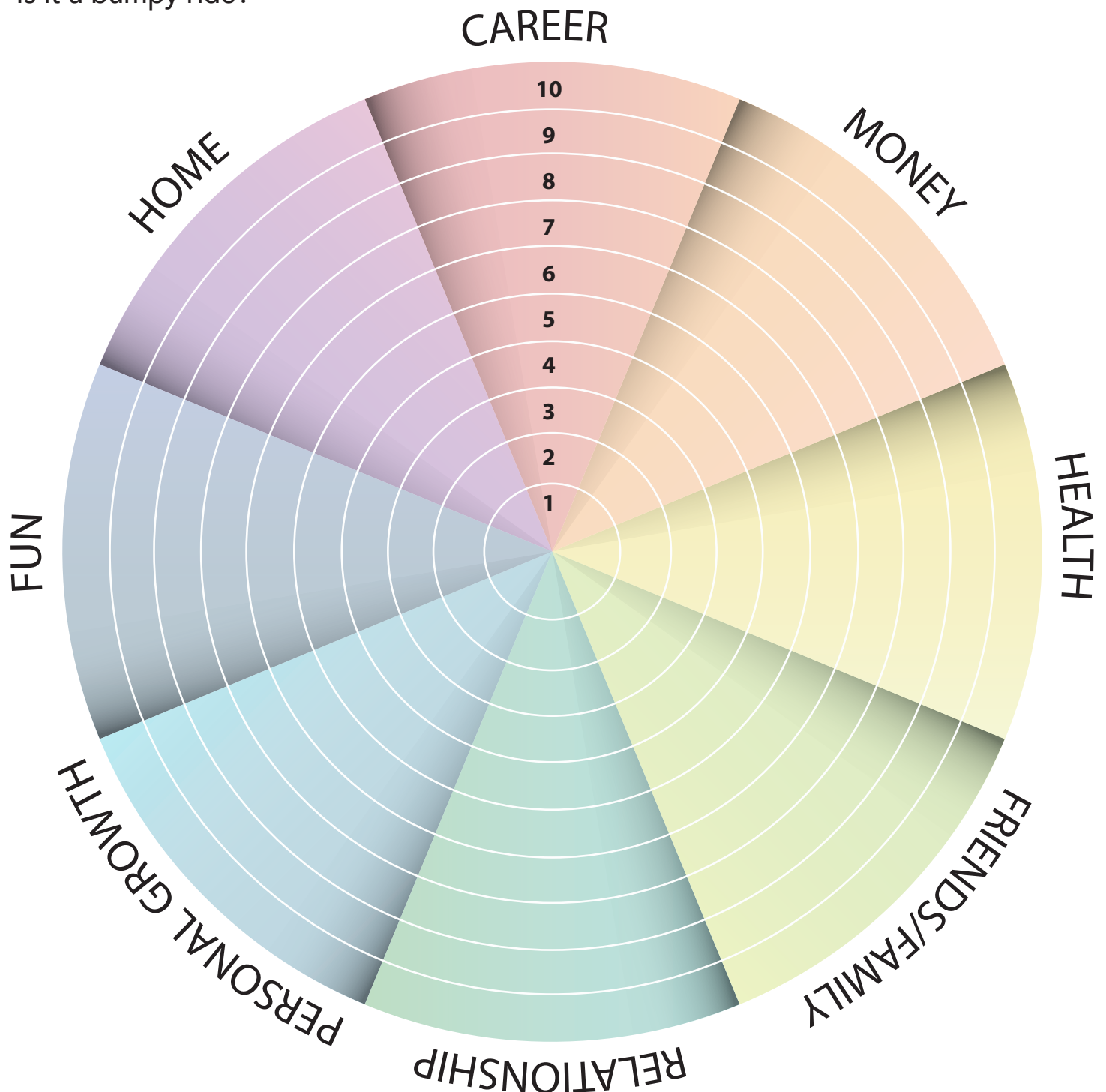
Wheel of Life Instructions

The 8 sections in the Wheel of Life represent balance.

1. Change, split or rename any category so that it's meaningful and represents a balanced life for you.

2. Next, taking the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10 by drawing a straight or curved line to create a new outer edge (see sample).

3. The new perimeter of the circle represents your "Wheel of Life".

Is it a bumpy ride?

CAREER

MONEY

HOME

HEALTH

FUN

FRIENDS/FAMILY

PERSONAL GROWTH

RELATIONSHIP

10
9
8
7
6
5
4
3
2
1

Create A Focus   Looking at your Life Wheel results:

What do you want to preserve? Why?
What is one small immediate action you can take to preserve these areas?

_____

_____

What do you want to eliminate? Why?
What is one small immediate action you can take to eliminate this?

_____

_____

What do you want to create? Why?
What is one small immediate action you can take to create this?

_____

_____

What do you need to accept?
What is the one small immediate action you can take to help you accept this?

_____

_____

TAKE ACTION

Think Big: What would you do if nothing stood in your way?

_____

_____

Act Small: What is one small step you could take to get you started?

_____

_____

Move Quickly: What is a realistic and quick timeline to get you going?

_____

_____