

Designing a Thriving LIFE



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Wheel of LIFE

Let's Get Started!

Where are you at today?

As you move into this activity, take a few moments to reflect on what is working well in your life right now?

What isn't working well in your life right now? What area cause you anxiety, stress or worry?

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Visioning Your Thriving Life

- 1. Pick a time frame for this activity. 3, 5, or 7 years are great options!***
- 2. Create a list of categories that reflect all of the areas of your life.*** You can use the worksheet following this page to identify your categories or grab your journal!
- 3. Now take some time to begin imagining what a thriving life in all of these categories would look like in the time frame you selected.***

This is a vital creative part of this activity! Consider a trip to your favorite park or coffee shop for this visioning activity!

Here is the ONLY RULE: Stay out of the How's in this part of the exercise. Asking "How" will I do this kills creativity and limits possibilities. We will get to the How's, just not now!

Diagramming out the Wheel

- 1. Find the Heart Hub in the center.*** The heart hub represents your current level of self-trust and confidence. Ask yourself: on a scale of 1 to 10 how much do I trust myself to make the best decisions possible? Fill the center in accordingly (see the diagram on the cover for an example).
- 2. Label each section of the wheel with one of your categories.***
- 3. Now ask yourself*** - where am I at in this category right now? Rate each area of your wheel from 1 = not doing well at all to 10 = thriving.
- 4. When you have rated each section (draw a line across your pie as in the example) and shade it in.***

***What do you notice about your wheel?
Is it in balance? Is it out of balance?***

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Categories

1.

2.

3.

4.

5.

6.

7.

8.

9.

POPULAR CATEGORIES

Relationships - consider whether you want 1 category or separate categories or spouse/partner, family, friends.

Finances - this represents your long term financial goals

**Career/Income
Generation**

Hobbies/Enjoyment

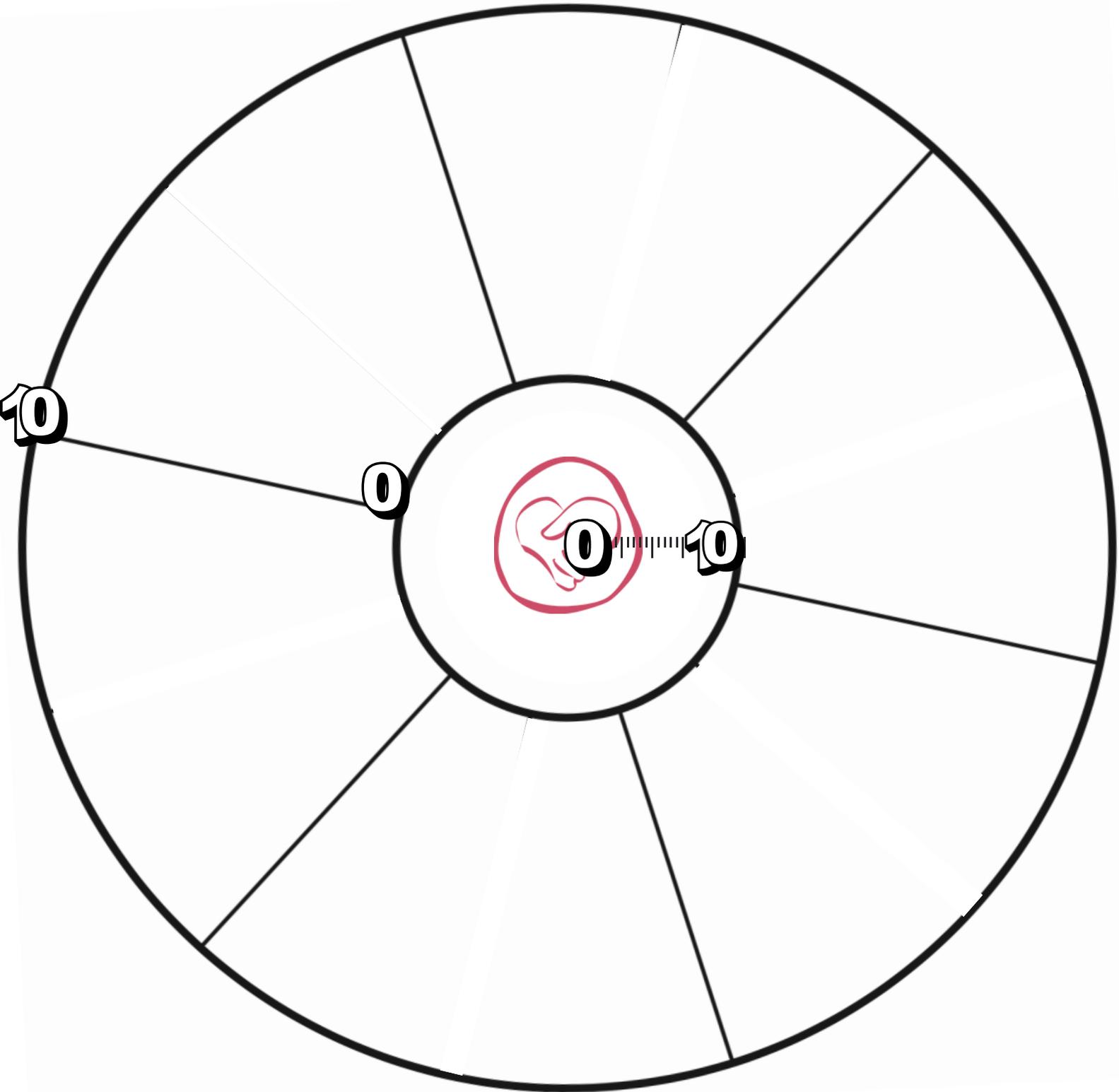
Wellness - Mental, physical, spiritual, emotional, nutrition

Travel

Learning & Growth

Service/Contribution

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Let's Get Started!



Creating Map for the Future

Mile markers!

1. For each category create several mile markers. For example: To become Debt Free in 5 years mile markers could be: Create a trackable debt reduction plan, sell the boat, look for a job with an increased salary, and quarterly check-in to track progress. Notice how some of these mile markers may involve other categories as **well!**

2. For each category ask yourself: What's the NEXT step I would need to take?

Note: some categories you may be doing well in already! Think about maintaining these until you can raise all categories to that average. Those categories that are the lowest need the most focused energy and action.

3. Schedule a quarterly check-in on your calendar 3 months from now so you can take a moment to reflect on your progress and decide the actions for the next 3 months ahead.