

# STEPPING INTO SELF LOVE

## MODULE 1 The Wheel of Life

Here is an example. You see there are 8 sections already completed.  
There is no right number – it is your choice.

Mine for instance would break my relationships and family down even further.

Mine are:

Self-care

Kids

Husband

Personal Growth

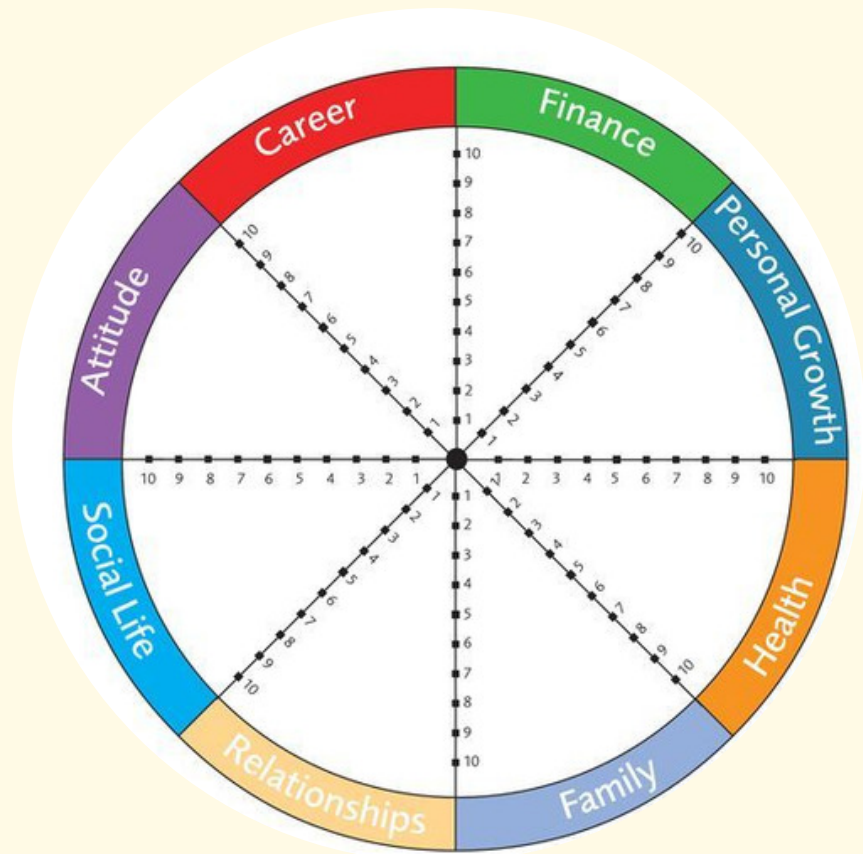
Career

Finances

Health and well-being

Family and friends

Social life and hobbies



*\*I don't like the wheel – I find it confusing so I do mine in columns. Again, there is no right or wrong way to get to the right answers.*

*\*\*Note that the categories on the Wheel are a suggestion only and you may have different categories and you may find yourself with more or less – which is absolutely fine – this is your wheel.*

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## MODULE 1 *The Wheel of Life*

### INSTRUCTIONS

#### PART ONE:

Take a moment to reflect on the 8 – 10 areas of your life which, which you have now identified.

Now using your wheel consider and rate how satisfied you are in each of these areas. You will score it out of 10.

10 being completely satisfied and 1 (closest to the centre) being absolutely dis-satisfied

Now you are ready to go:

Go somewhere with no distractions and take the time you need.

Don't over-think or analyse too deeply.

Go with your gut instincts and when you have finished all categories go back and check that you are satisfied with your answers.

Examples:

Self Care: How satisfied are you with your relationship with self. Where do you place yourself on the scale of priorities?

Children: How satisfied are you with your relationship with your children?

Partner: Do you feel loved? How often are you expressing love to others?

Personal Growth: How focused are you on personal growth? Are you satisfied with your direction? Are you trying new experiences and seeking to learn?

Career: Is your career where you want it to be by now? Are you heading in the right direction?

Finance: Are you earning enough income to satisfy your current needs? Are you financial setup for future growth in wealth?

Health & Well-being: How physically healthy are you? Are you satisfied with your level of fitness? Are you satisfied with your diet?

Family & Friends: Are they supportive of you? Are you supportive of your family?

Social Life and Hobbies: Are you enjoying your life and making it fun? Are you satisfied with the level of activity that you do? Are you engaging them and socializing to your satisfaction levels?

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## MODULE 1 *The Wheel of Life*

*Take a moment to appreciate your Wheel of Life.*

*What does it look like?*

*Are there any surprises to you?*

*8 to 10 for any of the categories, congratulations! You are very satisfied in this particular area.*

*5 to 7 for any of the categories, you are reasonably satisfied in this particular area but there is definitely opportunity to explore ideas to move this up the scale.*

*0 to 4 for any of the categories, you are not very satisfied in this particular area and you will need to explore ways of enhancing your satisfaction here. The great thing is you now have amazing opportunity for growth.*

*Take a moment to ponder – why did you score yourself in each category the way you did?*

*The point of this exercise is to raise your awareness on where we can balance our lives a little more – you maybe a 10 with your kids and a 2 with your husband – overall how does that affect the peace and serenity of your living conditions.*

### **PART 2**

*This is where we take the Wheel Of Life and get clear on how much our relationship is affecting the other areas.*

*Take time to ponder each area and ask yourself this:*

*If I was completely satisfied in my relationship what my score in this area of my life change?*

*If so, how and what actions would you take?*

*If not great – maybe something to add to your gratitude journal (if you keep one).*

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