

The Life-Flyover Wheel

Your Name: _____

Today's Date: _____

The sections of the wheel provide a way of thinking about balance and satisfaction through the various parts of your life. Each wedge is simply an area that matters to you, especially at this time in your life. In our first few sessions, we'll look at each, and at how satisfying (or unsatisfying) each one is to you at this point in your life.

Take a few minutes to label your own wedges around the circumference of the wheel. And please bring a copy to upcoming sessions. Some sample flyover "wedges" (in no particular order):

- Career and professional development
- Friends/support
- Your children
- Health and fitness
- Spirituality
- Significant other/romance
- Your family of origin
- Your physical environment (home or work)
- Money
- Fun and play
- Skills/abilities to learn or sharpen
- Learning and growth
- Your "true moral obligations"
- Giving back: An ability, gift or passion you know you have to give (leadership and organization? Inspiration? Hospitality? Time? \$\$?)

