

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 slice 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 slices around the circumference of the wheel. And please bring a copy to upcoming sessions. Some sample flyover slices (in no particular order):

- Your career and professional development and path: What are you ready to explore?
- Your current job description: What do you want to get better at?
- Your company or supervisor's priorities
- Building your friendships/support
- Finding a life partner
- Deepening your significant relationships: with your spouse, children, family of origin
- Health and fitness/Spirituality
- Your physical environment and sense of order (home or work)
- Financial order
- Fun and play
- Your "true moral obligations"
- Giving back: An ability, gift, or passion to contribute (leadership and organization? Inspiration? Hospitality? Time? \$\$?)

