

Jasmine Meyosha

Wheel  
of Life  
Workbook



*First let me introduce myself...*

*Hey, my name is Jasmine !*

I want to be the first to congratulate you on you taking action by downling this free workbook to help take a quick assessment of your life and began (or continue) your journey of a life full and on purpose!

Relax...don't stress about how you answer these questions, Trust me, there is no right or wrong answer, other than God Himself, your are the only one that knows the write answers.

***SO BREATHE!***

The instructions are simple!

For each of the sectors on the chart, rank yourself on a scale of 1 to 10: "How satisfied am I with this area of my life?" For instance, if you are feeling great about your Personal Development, you might give yourself a "9". So fill in the circle from 1-9.

To help you assess each sector, look at the "Questions to Consider" to help you gain more perspective on where you may stand in each area. You can even right how satisfied you are next to each area.

The diagram gives you a picture of how your present life matches up with where you want it to be. If you aren't sure what this means, bring the chart to a coaching call and we can talk about it.

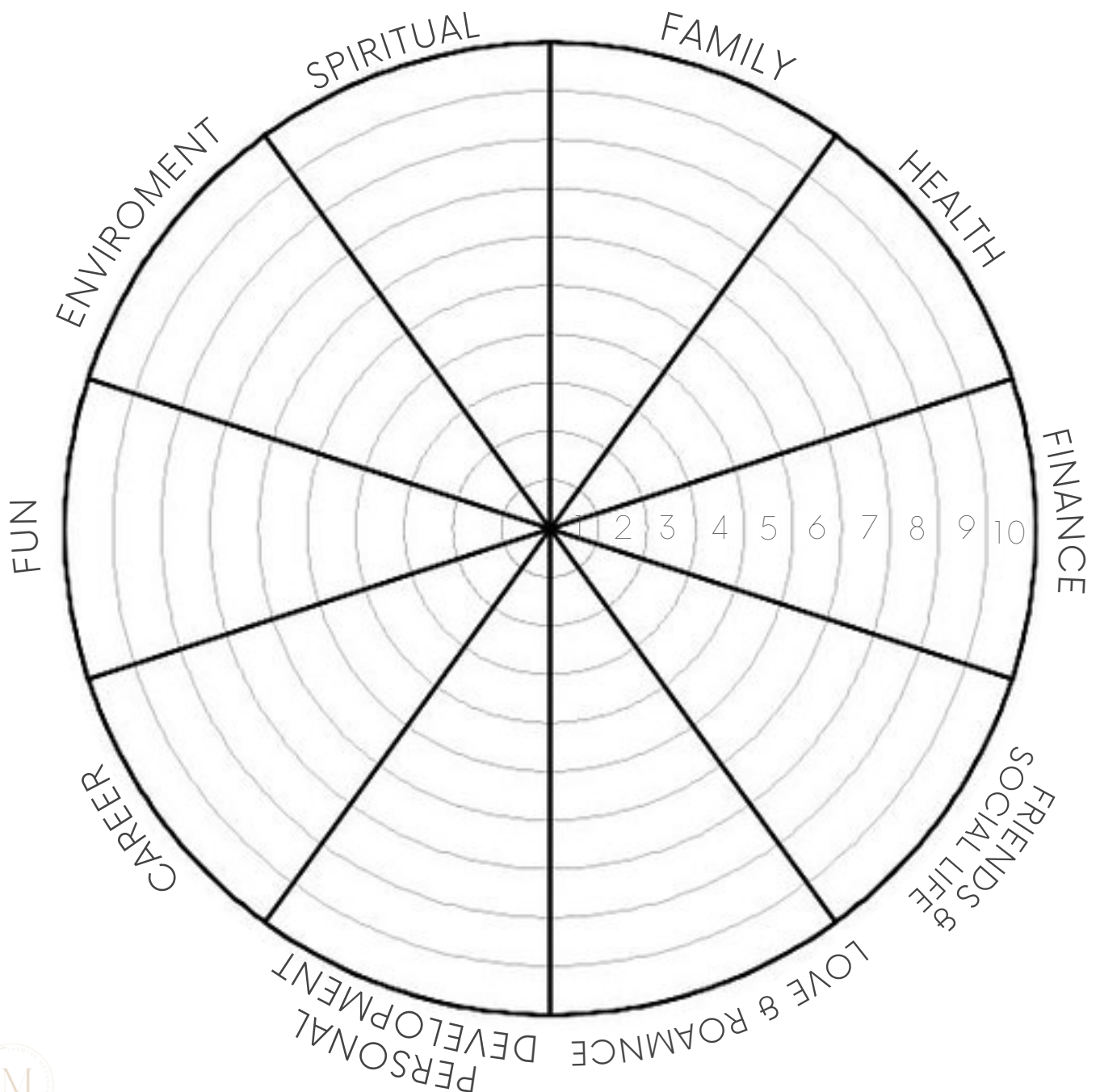
***What to know how to talk to me one on one?***

Keep Going! Even if you complete this with no trouble, you can schedule a Discovery Call to see how you can to where you want to be!



# Wheel Of Life

The Wheel of Life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 10 life categories below, and rate them from 1 - 10.



# Questions to Consider

## *Spiritual*

- Do I have spiritual beliefs that I am staying accountable to?
- I am connected with like minded people?
- Do I feel distant from God/from Christ?
- Am I active in ministry?

## *Family*

- Am I getting along with my family?
- Am I seeing them as much as I would like?
- Do I feel Supported by my family

## *Health*

- Do I feel physically Healthy
- Do I feel emotionally healthy?
- Do I feel as if I can treat my body better?

## *Finance*

- Do I feel as though I am earning enough income?
- Is my debt more than I can handle?
- Am I content with my Cash flow?

## *Friends & Social Life*

- Do I feel as if I have friends that support me?
- Am I engaging with others as much as I would like?
- Do I find myself being aggressive with strangers?



**Remember...**

*These questions are to help you gain more perspective on where you may stand in each area. You can even right how satisfied you are next to each area.*

### *Love & Romance*

- Do I feel Loved?
- Am I able to express love?
- Am I satisfied with my partner?

### *Persnoal Development*

- Am I growing?
- Am I learning knew things about myself?
- Do I know what I like and don't like?

### *Career*

- Am I doing what I want to do?
- Do I feel fulfilled in my vocation?
- Do I dread going to work?
- Do I feel as if I am being paid adequently?
- Do I want to be doing this in the next 5 years?

### *Fun*

- Am I enjoying my life?
- Do I find excitement in my favorite activities?
- Am I making new memories with loved ones?

### *Environment*

- Do I enjoy my surroundings
- Am I content with the home I'm in?
- Do I find joy in the things around me?

# ***Congratulations!***

**You just completed a task that called for you to be intentional and that is worth celebrating. I would love to talk to you more to see what else we can do together to get you from where you were before you began this workbook to where you know you are meant to be and thrive in!**

**CLICK HERE TO  
SCHEDULE A CALL**

**I look forward to taking part along side you in your journey and am extremely excited and honored that you chose me to be one to help you be who you know you are called to be.**

**I love you because God Loves you!**

**Love,**

*Jasmine*

