

Tennessee Lawyer's Association for Women "Vision Casting" Presented by: Roberta Pettis, President and Founder

Reflection Over the Last Year

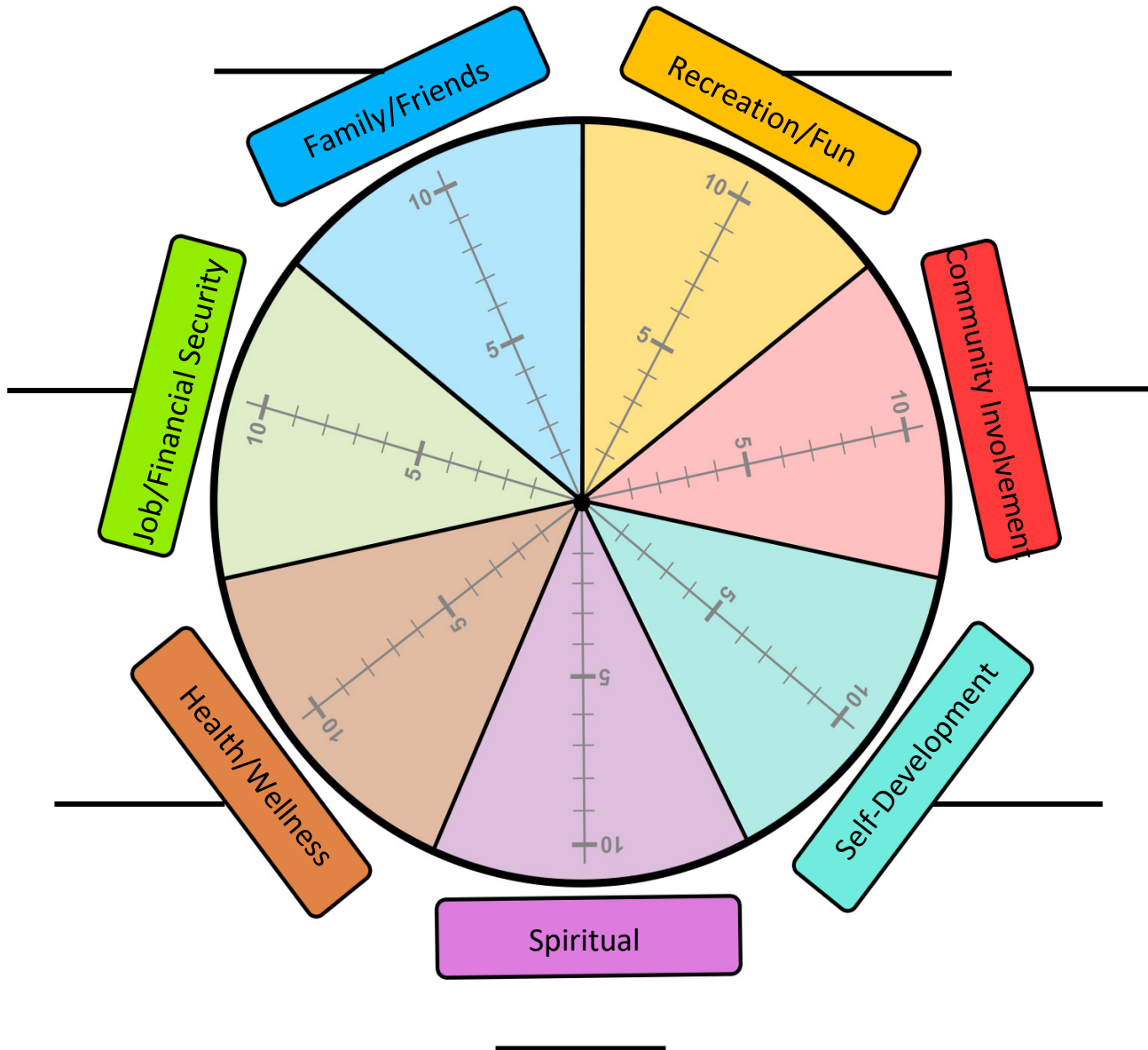
Looking back over the year, what has been your biggest accomplishment? How did it make you feel? What needs to happen so you can have that feeling more often?

The Wheel of Life - Activity

The Wheel of Life is divided into seven categories that represent the key/significant areas of life. While the Wheel may not be a definitive picture of your entire life, it does a good job of capturing most parts. You will read through each category and rate your satisfaction level with the center of the wheel being 0 (no satisfaction), and the outer rim being 10 (total satisfaction). Score your satisfaction levels against each of the different categories you have on your Wheel. The questions below will assist you in evaluating each area.

- **Recreation/Fun:** Are you engaging in activities that are enjoyable to you? Do you have an opportunity to socialize with friends or people that you like being around?
- **Community Involvement:** Are you an active part of your community? Do you feel that you are volunteering your time for the well-being of others?
- **Self-Development/Professional Growth:** Are you satisfied with your direction? Are you trying new experiences and seeking to learn?
- **Spiritual:** Do you focus on developing your faith? Are you growing spiritually?
- **Health/Wellness:** How physically healthy are you? Are you satisfied with your level of fitness? Are you satisfied with your diet?
- **Job/Financial Security:** Is your career where you want it to be by now? Are you heading in the right direction? Are you earning enough income to satisfy your current needs and are you financially setup for future growth in wealth?
- **Family/Friends:** Is your family supportive of you? Are you supportive of your family? Do you have friends that are supportive of you? Do you support your friends?

Your Name _____

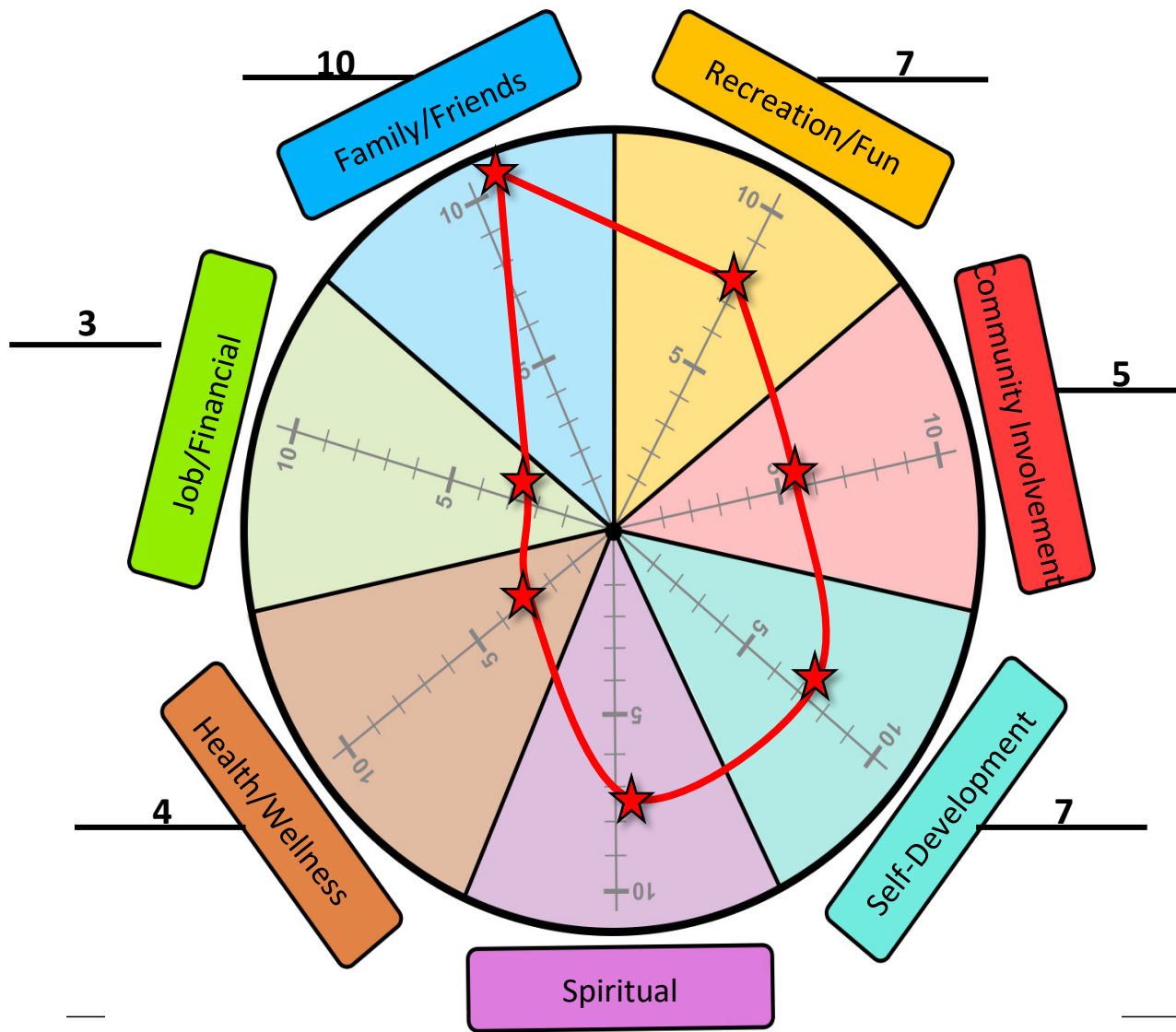


Today's Date _____

Scoring Your Wheel

Once you have assessed your wheel, either shade in the wheel or connect the dots to get a visual view of how balanced your life is currently.

Interpreting Your Scores - Example



If you have scores between **8 to 10** for any of the categories, congratulations! You are very satisfied in this area. It's important you maintain what you are doing to ensure you continue to be satisfied in this area; however, don't overlook that there may be areas for improvement. This is important to ensure you are not limiting your potential for even further growth and satisfaction in this area.

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

If you have scores between **0 to 4** for any of the categories, you are not very satisfied in this area and you will need to explore ways of enhancing your satisfaction in these areas. The good news is that these are the areas for the maximum amount of growth and where you have unlimited possibilities.

Determine What You Want

Now that you have completed your Wheel of Life diagram, choose two areas that you want to focus on. To make significant changes in these categories you must determine what you really want in each area of your life.

Category: 1. _____ **2.** _____

Category 1:

1. This is what I envision for myself in the category that I have chosen:

2. What conscious decision can you make to create a positive change in this area?

Category 2:

1. This is what I envision for myself in the category that I have chosen:

2. What conscious decision can you make to create a positive change in this area