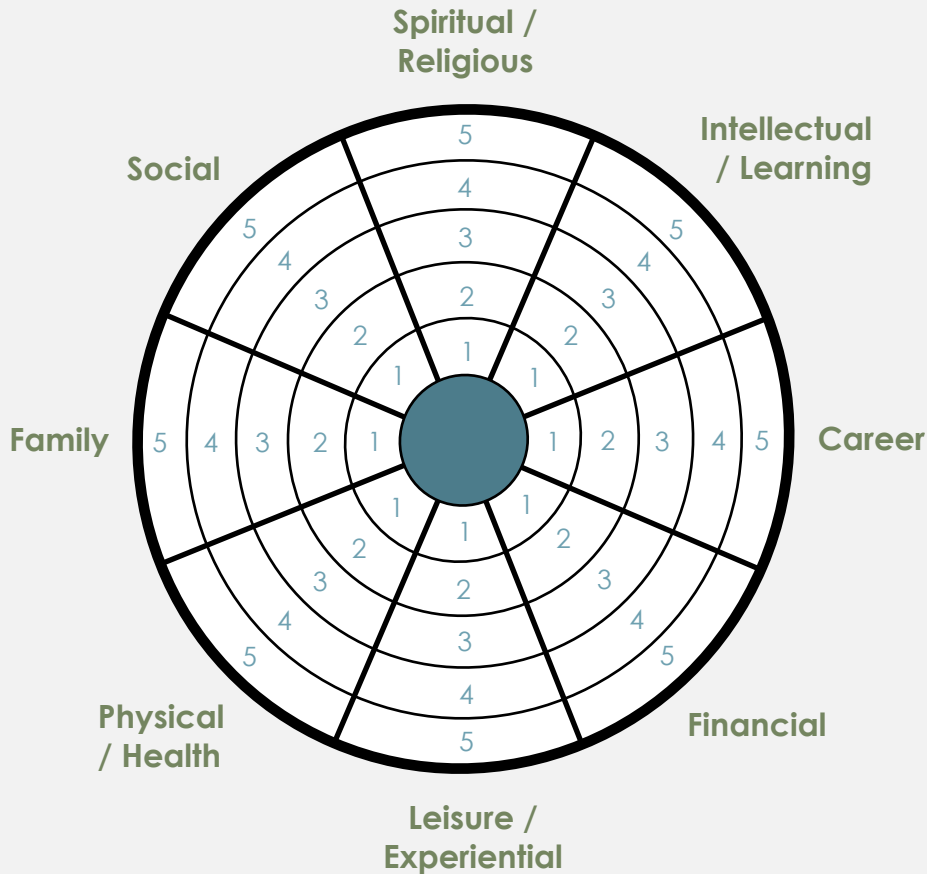


# Life Wheel

Values Module / Ideals Domain

Date

A1



Rate the importance of the 8 categories to you:

**5 = Most Important**

**1 = Least Important**

*(sum may not exceed 25)*

• Rank the 8 categories in order of importance:

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

• (Reflection) What 3 things must you do more of as a result? Less of?

# 8 Domains

Values Module / Ideals Domain

Date

A1

## Focused and Intentional

Theme	Response
<b>Career</b>	What impact will you have? / What greater purpose will you serve?
<b>Family</b>	How will you meet the “real” needs of your family?
<b>Financial</b>	How much will make you feel secure?
<b>Health</b>	What does it mean to be healthy?
<b>Learning</b>	What do you want to be the expert/master at?
<b>Leisure</b>	What does it mean to enjoy life?
<b>Religious / Spiritual</b>	How do you connect to a higher power?
<b>Social</b>	How will you spend time with others?

# 50 Goals

Vision Module / Impact Domain

Date

C2

## Career Goals

	Goal	1	3	5	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

## Financial Goals

	Goal	1	3	5	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

\* Adapted from Jim Rohn's goal-setting exercise

# 50 Goals

Vision Module / Impact Domain

Date

C2

## Family Goals

	Goal	1	3	5	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

## Social Goals

	Goal	1	3	5	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

\* Adapted from Jim Rohn's goal-setting exercise

# 50 Goals

Vision Module / Impact Domain

Date

C2

## Intellectual/Learning Goals

	Goal	1	3	5	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

## Spiritual Goals

	Goal	1	3	5	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

\* Adapted from Jim Rohn's goal-setting exercise

# 50 Goals\*

Vision Module / Impact Domain

Date

C2

## Physical Goals

	Goal	1	3	5	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

## Leisure Goals

	Goal	1	3	5	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

\* Adapted from Jim Rohn's goal-setting exercise

# “SMART” Goals

Vision Module / Impact Domain

Date

C2

## Setting “SMART” Goals

When setting goals, whether personal or organizational, it's best to following the following 5 guidelines:

<b>Specific</b>	Something you can see and touch (not abstract).
<b>Measurable</b>	Numbers. How big? How many?
<b>Attainable</b>	Attainable, but a stretch. 50% unknown.
<b>Relevant</b>	Solving something that people care about.
<b>Time-Bound</b>	By a certain time.

## Goal

In the space below, write a goal statement for yourself or your organization you lead using the “SMART” format.

By \_\_\_\_\_, I am committed to...  
(Time)