



The Process

- Each spoke represents a part of your life that you consider to be important. Identify these spokes first and write the title in the boxes.
- Decide what 10/10 looks like for you for each of the parts.
- Rate yourself on the spoke line, with the middle of the wheel being 0 and the outside edge being 10.
- Now decide 3 topics that you want to work on in the coming weeks, and identify practical tasks that you can complete that will take you 1 step closer to the 10/10 goal. Just 1 step at a time.
- Repeat regularly and keep working on the tasks you set for yourself; inching yourself closer to that goal, 1 step at a time.