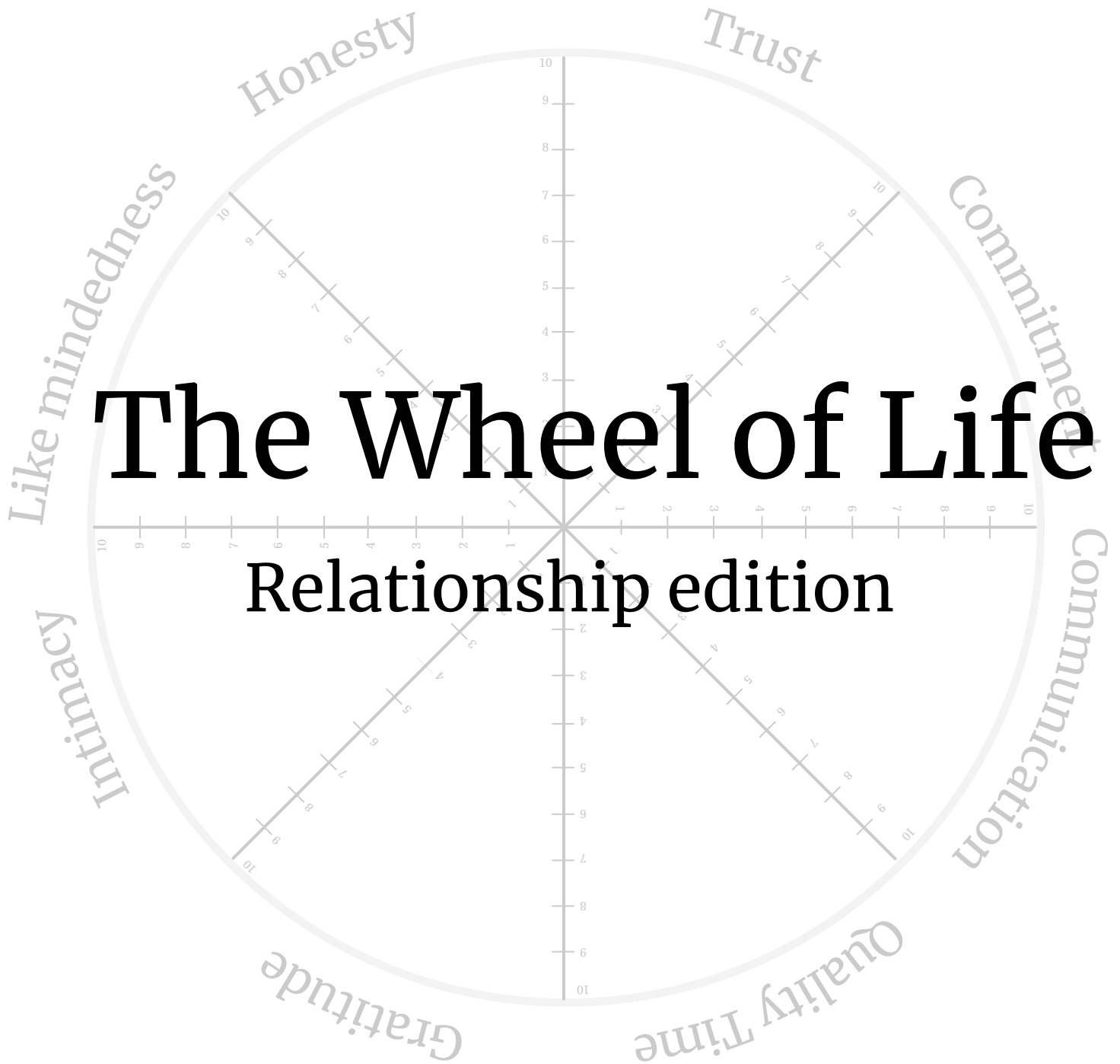


Self-analysis



The Wheel of Life

Relationship edition

F A L L I N G

In Love
WITH MYSELF AGAIN

Self-analysis

The Wheel of Life

Relationship edition

Instruction Manual

The Wheel of Life "Relationship edition" is a simple but powerful tool that helps you visualize all the important areas of your love life. By looking at a visual representation of all the relationship aspects of your life at once, the wheel helps you to understand better which of your love life areas are flourishing and which ones need the most work.

How to use the wheel of life tool?

1.) Select 8 relationship aspects you want to focus on.

Start brainstorming and choose 8 relationship aspects that matter in your life or use our template.

2.) Write them on your life wheel.

Once you have selected your specific areas it is time to write them down in the outer area of your life wheel or use our template.

3.) Identify your level of satisfaction for each area and mark that on your life wheel.

The center of the wheel is 0 (very dissatisfied) and the outer edge 10 (fully satisfied)

Scores ranging from 8 to 10:

you are extremely satisfied in that category. Ensure this is maintained, however, there's always room for improvement.

Scores ranging from 5 to 7:

you are more or less satisfied with this category; however, there is definitely room for improvement and an opportunity for further development.

Scores ranging from 1 to 4:

you are not happy at all about this specific area. You definitely need to find approaches to improve the fulfillment here.

4.) Color them.

5.) Reflection.

Your wheel of life is completed once you've assigned satisfaction scores to all the categories that matter to you. The scores offer you the chance to think about areas in your financial life that have been overlooked so far.

Answer following questions to dig deeper.

7.) Take action.

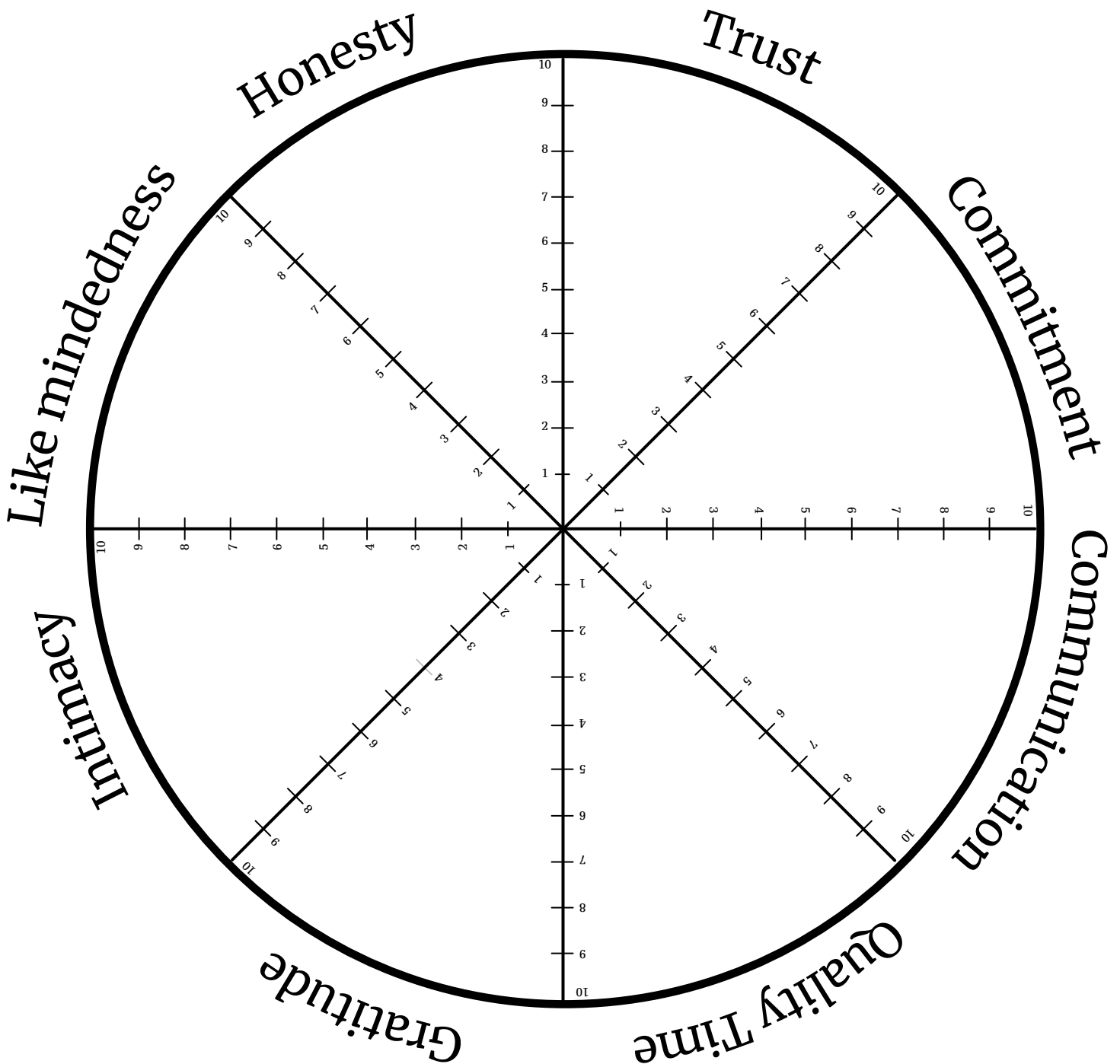
Write down all the action that you are willing to take in the "To Do List" section.

Good Luck!

Self-analysis

The Wheel of Life

Relationship edition



Date:

To Do List

Honesty

Trust

Like mindedness

Commitment

Intimacy

Communication

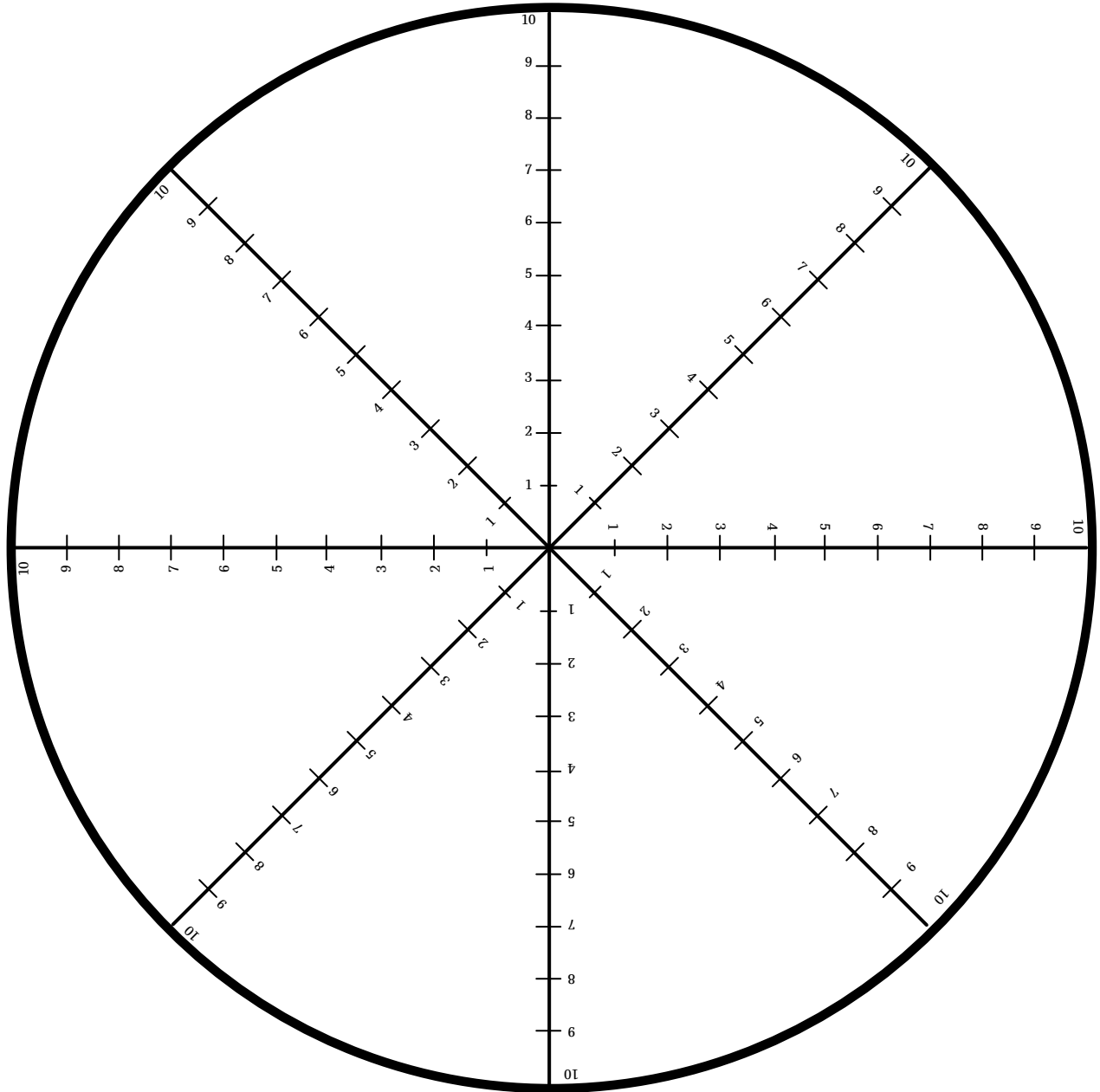
Gratitude

Quality Time

Self-analysis

The Wheel of Life

Relationship edition



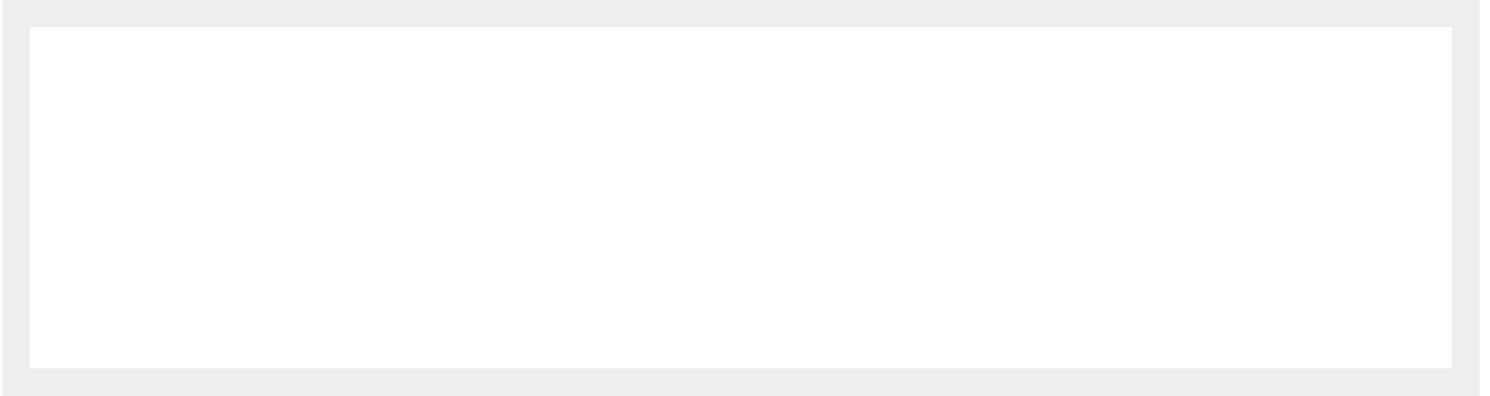
Date:

Self-analysis

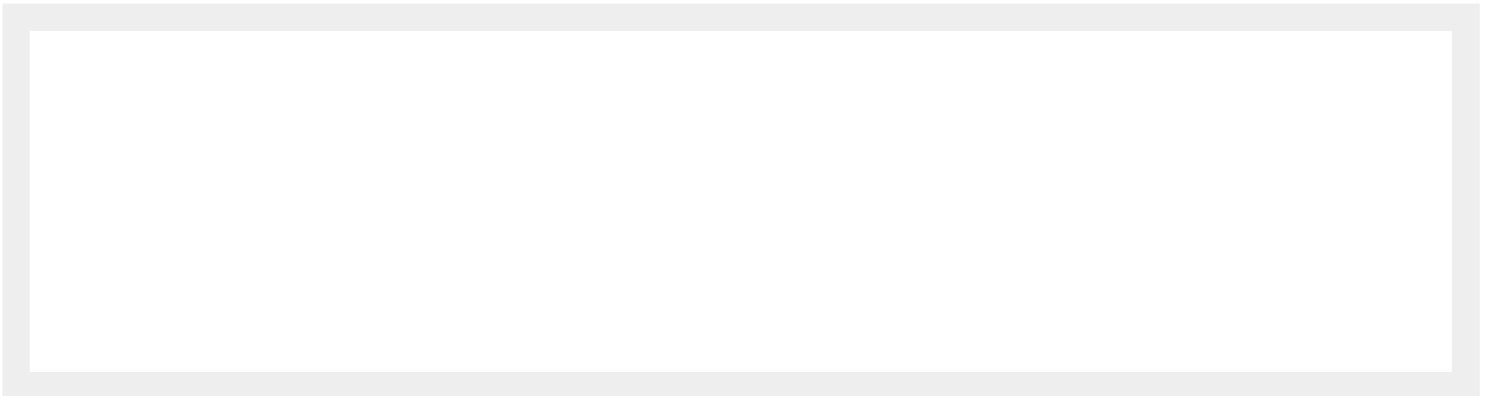
The Wheel of Life

Questions to Answer

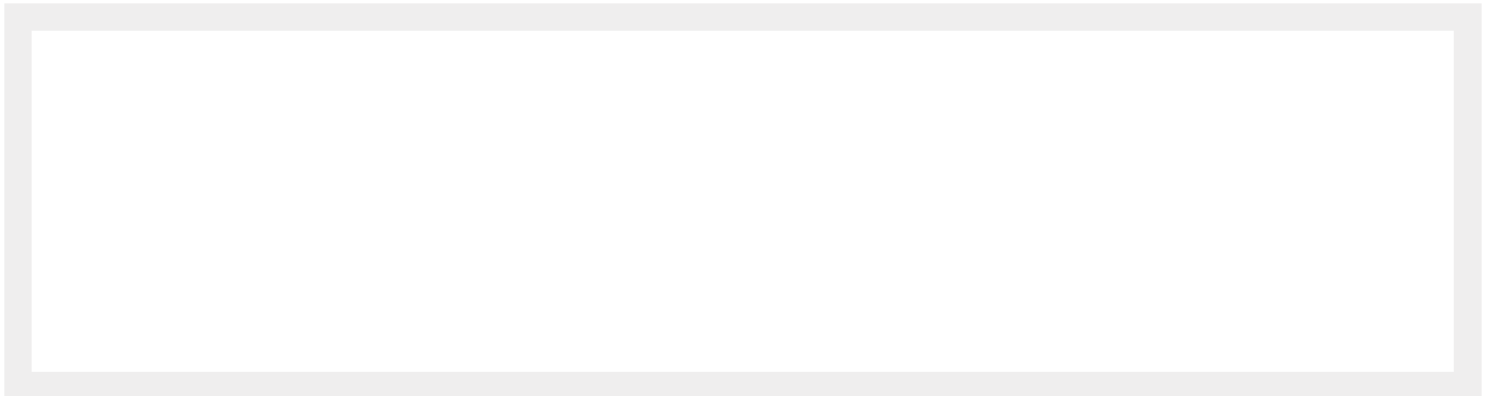
How do you feel about your Love life as you look at your Wheel?



Are there any surprises for you?



Which of these categories would you most like to improve?

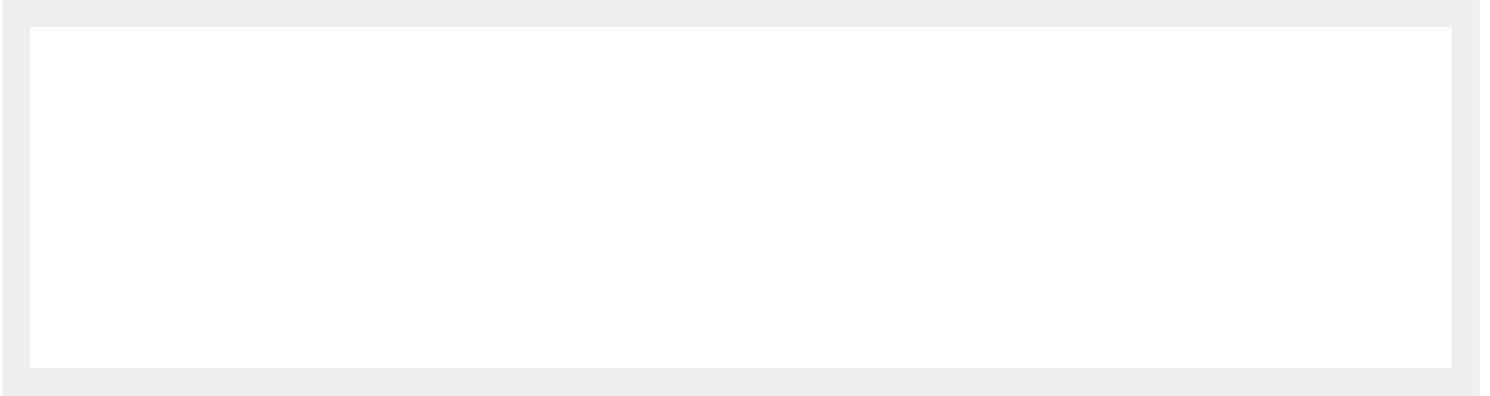


Self-analysis

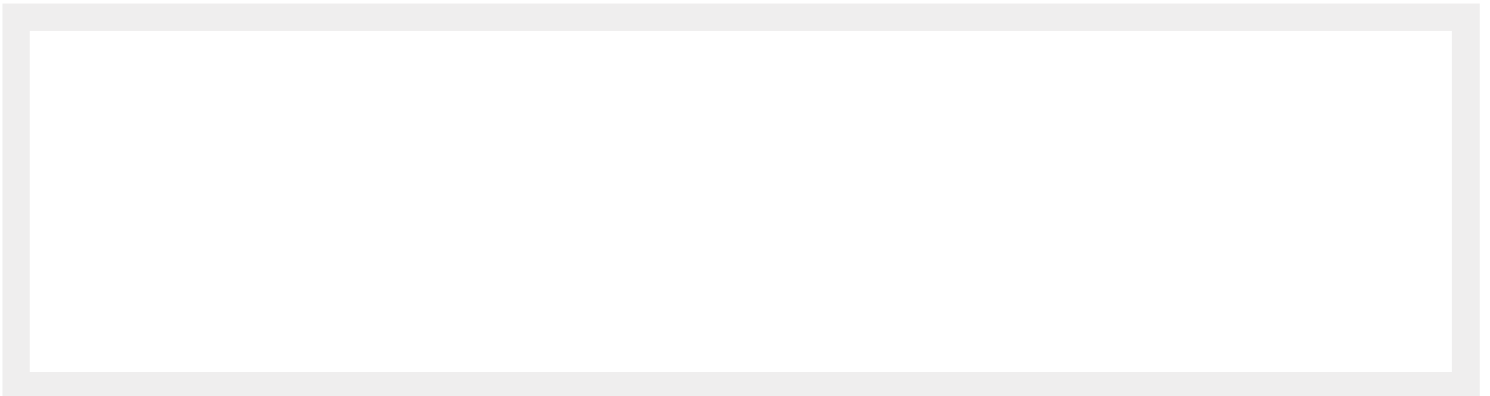
The Wheel of Life

Questions to Answer

How could you make space for these changes in your Love life?



What help might you need from others to make changes in your life?



What change do you want to make first?

