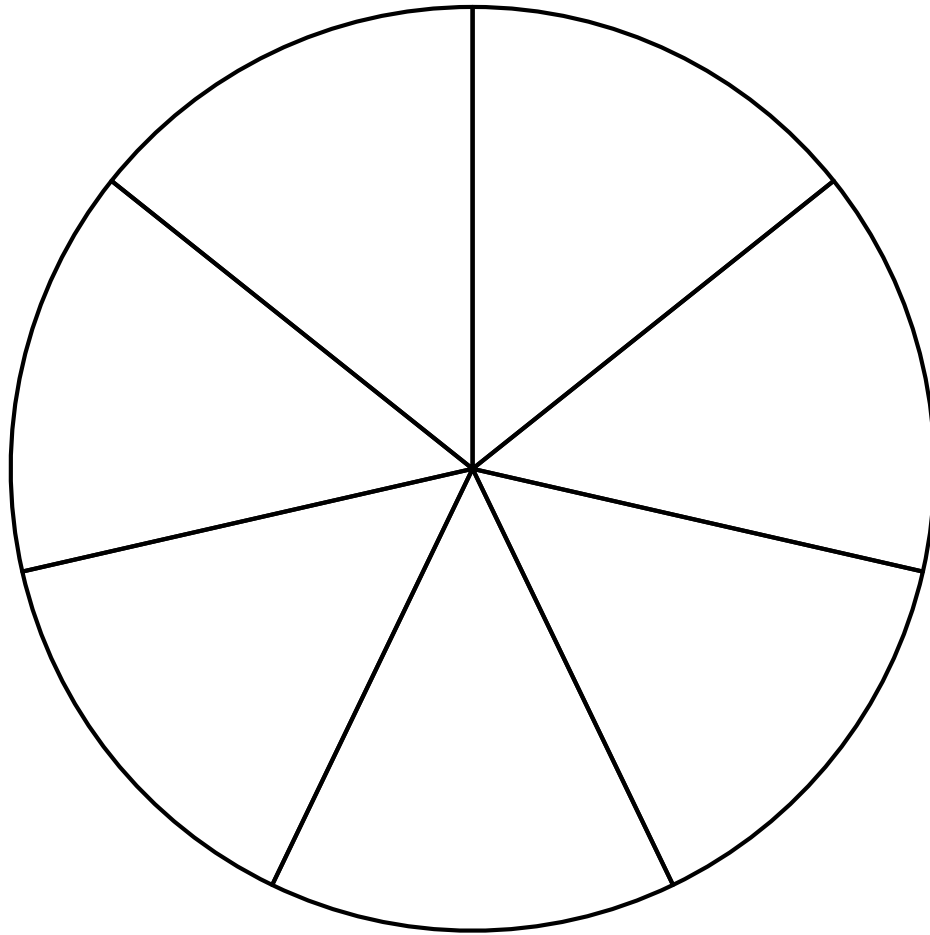


## Wheel of Life



spiritual    career    physical    personal dev    finanacial    social    family

Directions: Color in the amount of time in a typical 24 hours that you spend in each category. (You may change or add categories if you wish). Make another wheel of life and this time determine the amount of time that you **plan and choose** to spend in each category. Keep your ideal as a daily reminder or your goal.

### Three tips to live an intentional life

Be aware: Wheel of Life

Be intentional: Schedule your day in blocks of time

Be creative: What is the one thing each day that if you do it you will make everything else that you do either easier or unnecessary? Follow through on doing that one thing.

*Lynne Watts*  
DreamAchieverCoach.com