



THE SOUL-FILLED LIFE CHECK-IN

Welcome to the Soul-filled Life Check-In Process. Creating lasting change and living in alignment with your authentic self, starts with an honest self-appraisal of where you are right now. This clarity will empower you to bridge the gap of where you are to where you want to be.

Let's get started!

(1) Answer the following:

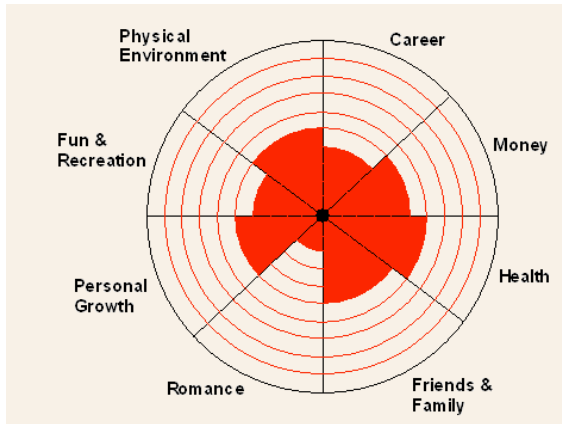
On a scale of 0 to 10 (10 being the highest) how would you rate the following areas in your life? (Use your personal level of satisfaction for each area.)

Area	0-10	Notes
Career		
Money		
Health, Well-Being, Fitness		
Friends and Family		
Significant Other/Romance		
Personal Growth		
Fun & Recreation		
Physical Environment		

(2) Create a Visual Map for Your Self Check In

For each subject, use the diagram on the next page, to create an overall visual of your life. Each "pie" on the wheel represents a specific area. Using the rating from above, shade each section, where "0" would be at the center of the circle and "10" would be on the edge of the circle.

This is an example of what it may look like:



(3) Journal your insights and intention.

Take some time to write down your thoughts. Were you surprised by anything? What areas require only small steps and what require BIG leaps to get to where you want to be? Write down at least one intention for yourself and your life for the next 3, 6 or 12 months.

Congratulations on taking this step towards greater clarity, authenticity and self-empowerment!

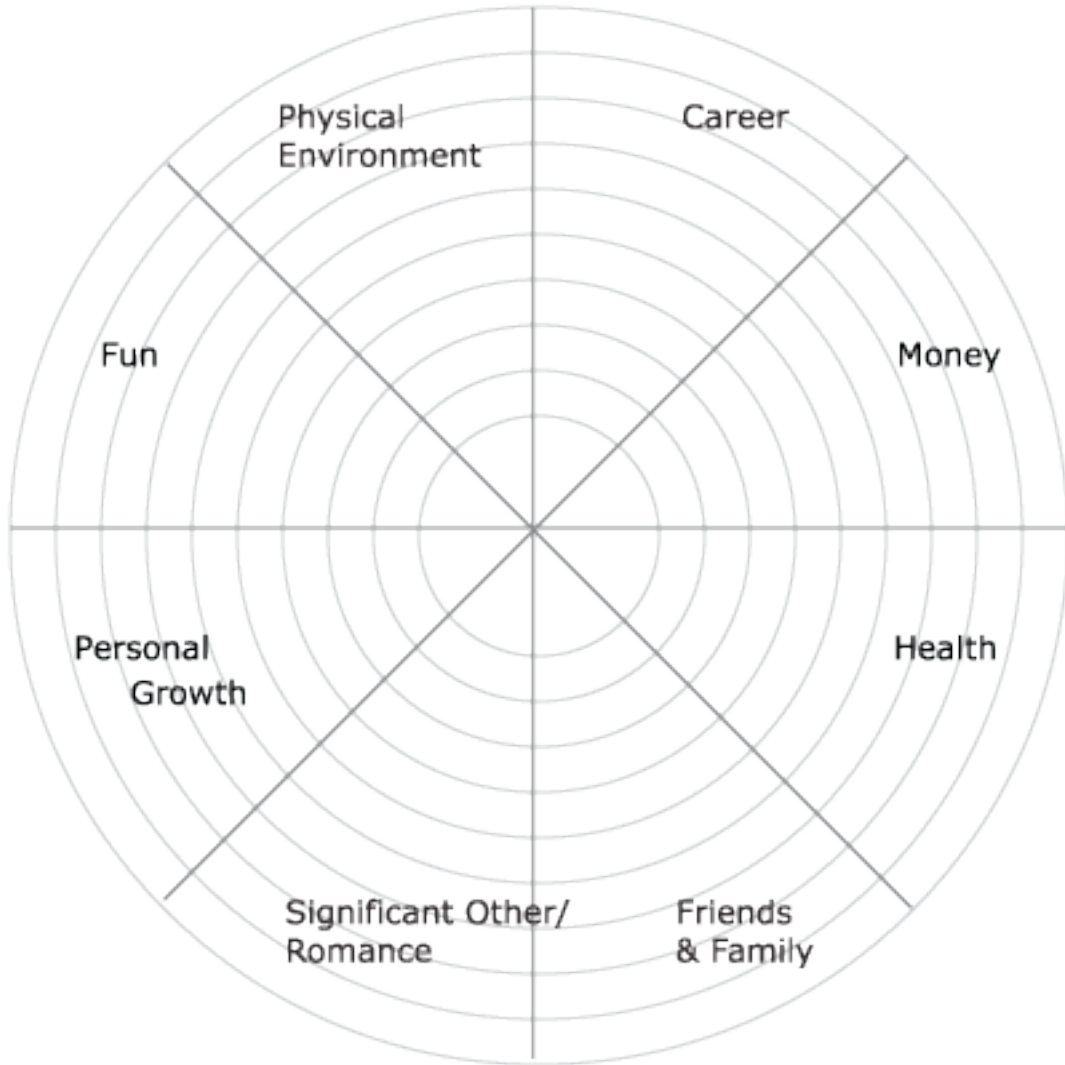


Here's to Your Success,

Heather

Heather Gray
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My Wheel of Life



Date: _____

Any insights: _____

