

GYDA⁷

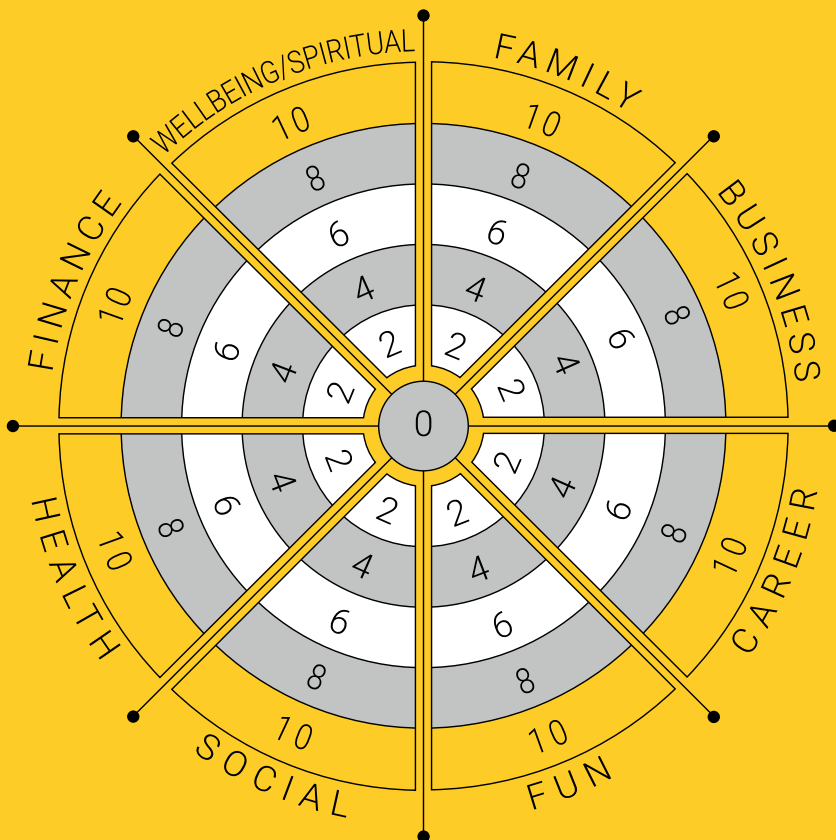
INITIATIVE

THE WHEEL OF LIFE

THE BIG PICTURE FOR BUSINESS AND PERSONAL GROWTH

STEP 1⁷

For each axis on the chart, mark a score between 0 and 10, where 0 is a low score and 10 is a high score. Score where you are today and join the marks to create a kind of a circular shape.



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STEP 2⁷

Pause to look at your results. Ask yourself the following questions:

- “What’s worked/working?”
- “What’s not worked/working?”
- “How do I get from where I am now to where I want to be?”
- “What do I need to do more of, less of, stop doing, start doing and keep doing?”

WHERE WOULD YOU LIKE TO BE?⁷

AND HOW TO GET THERE

STEP 3⁷

Next, score where you would like the different aspects to be in, say, 12 months’ time. Do this in a different colour.

STEP 4⁷

Now, the questions to reflect on are:

- “How do I get from where I am now to where I want to be?”
- “What do I need to do more of, less of, stop doing, start doing and keep doing?”

This exercise has been taken from
The GYDA Initiative Strategy Workbook.

Find it at

www.GYDAinitiative.com