

Life Alignment Wheel

What It Is

A point-in-time reflection on inner and outer alignment or congruence.

The Value For You

When your outer life is in alignment with your inner values and sense of purpose, you feel a sense of balance in your life.

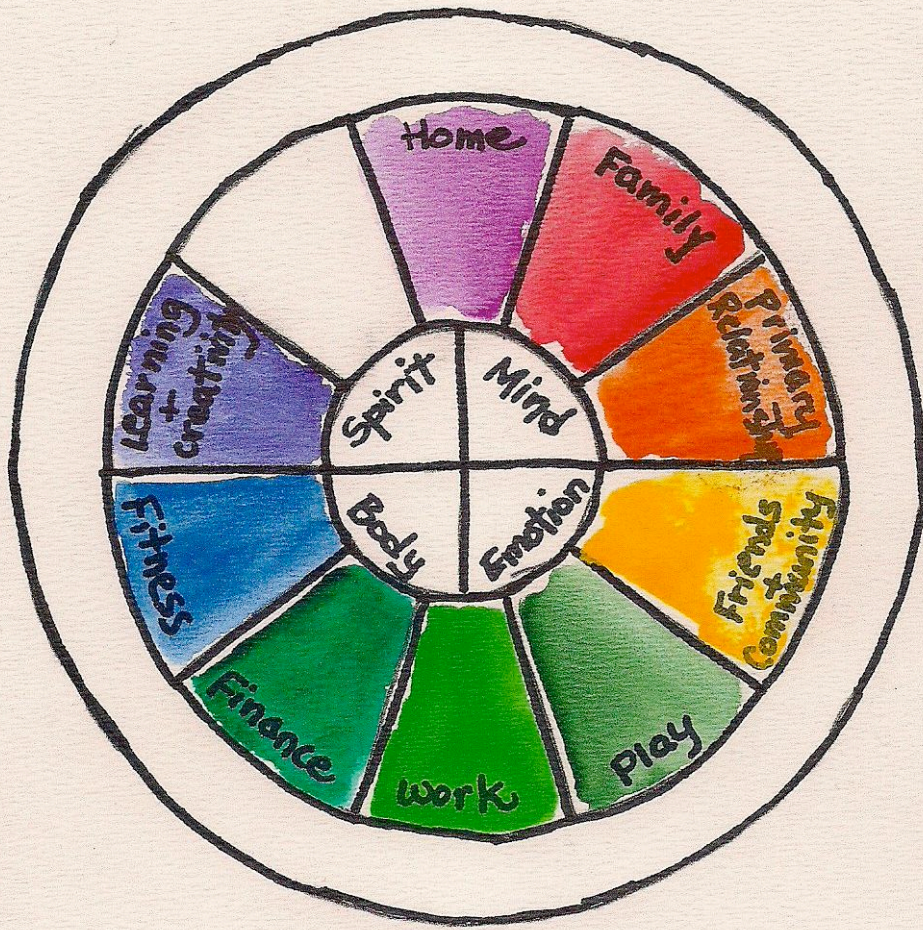
When you consciously tend to your spiritual, mental, emotional and physical well-being, you feel energized by life.

How To Do It

Please look at each area on the Wheel, and ask yourself: In this area of my life, am I thriving, surviving, or something in between? If it is “something in between,” please pick a word to describe the *feeling* of it for you.

Write down how you feel about each area of your life in each of the segments: thriving, surviving, or your “in-between” word.

After you complete your Wheel, take a moment to reflect on the whole picture. What do you notice?



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