

# WHEEL OF LIFE SELF ASSESSMENT

close the gaps  
from where you are,  
to where you want to be



LIVING  
ABOVE THE LINE

*life coaching*

EXPLORE. GROW. SUCCEED.



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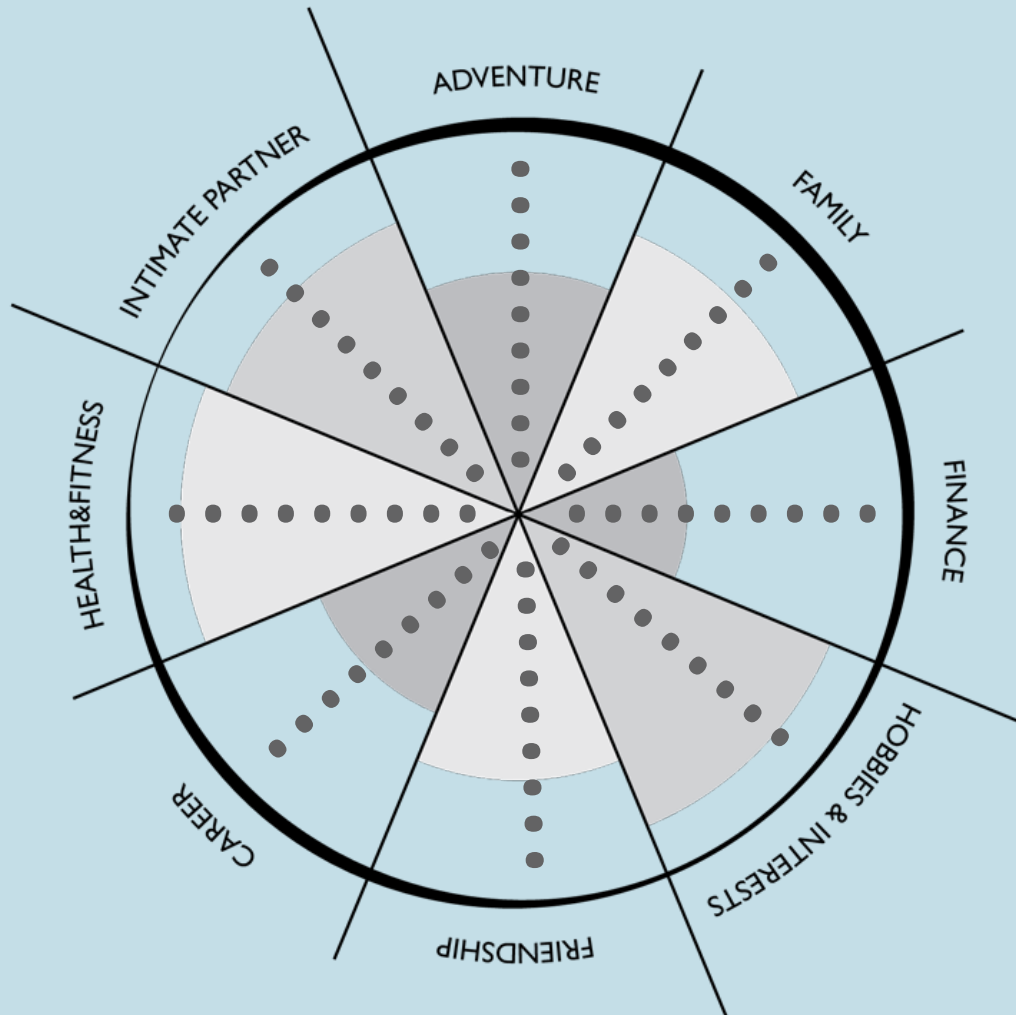


# Wheel Of Life Assessment

## INSTRUCTIONS

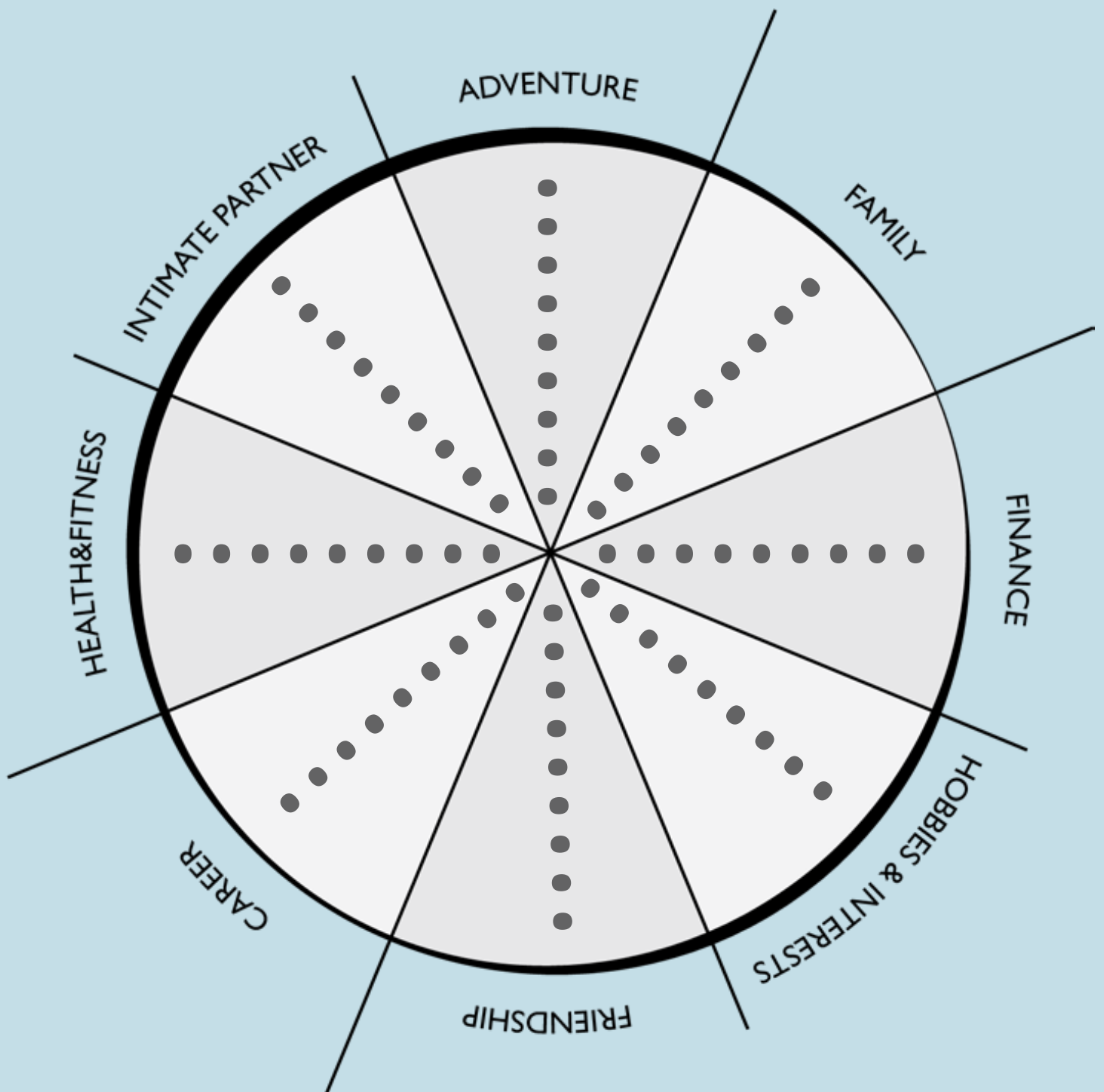
We need to assess ourselves on our capability to create the results and outcomes we want in our lives. So we need to be prepared to be honest with ourselves about where we're at in our life, and where we need to improve.

If the centre point was zero, and the outer edge was 10 out of 10 – zero being there is no success in this area, and no signs of progress, and 10 being 'it couldn't be better' – you can then assess where you're at with your life. A line across the middle of the triangle in 'Career', for example, indicates average results and signs of progress. It also gives you an indication of what's currently important to you, where your focus is and where it is not.



# Wheel Of Life Assessment TODAY

Today I Am \_\_ Years Old

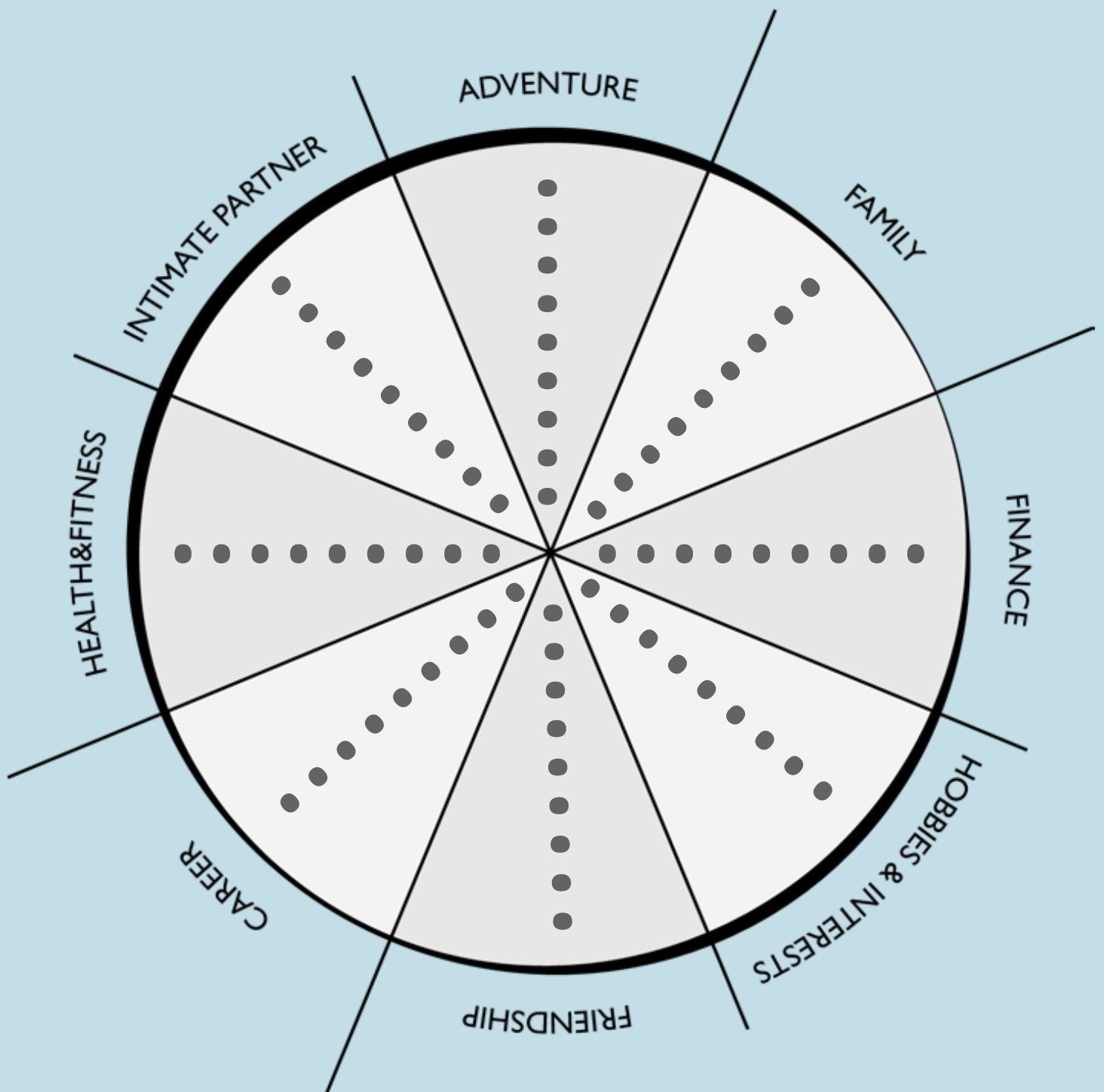




# Wheel Of Life Assessment

## 5 YEARS AGO

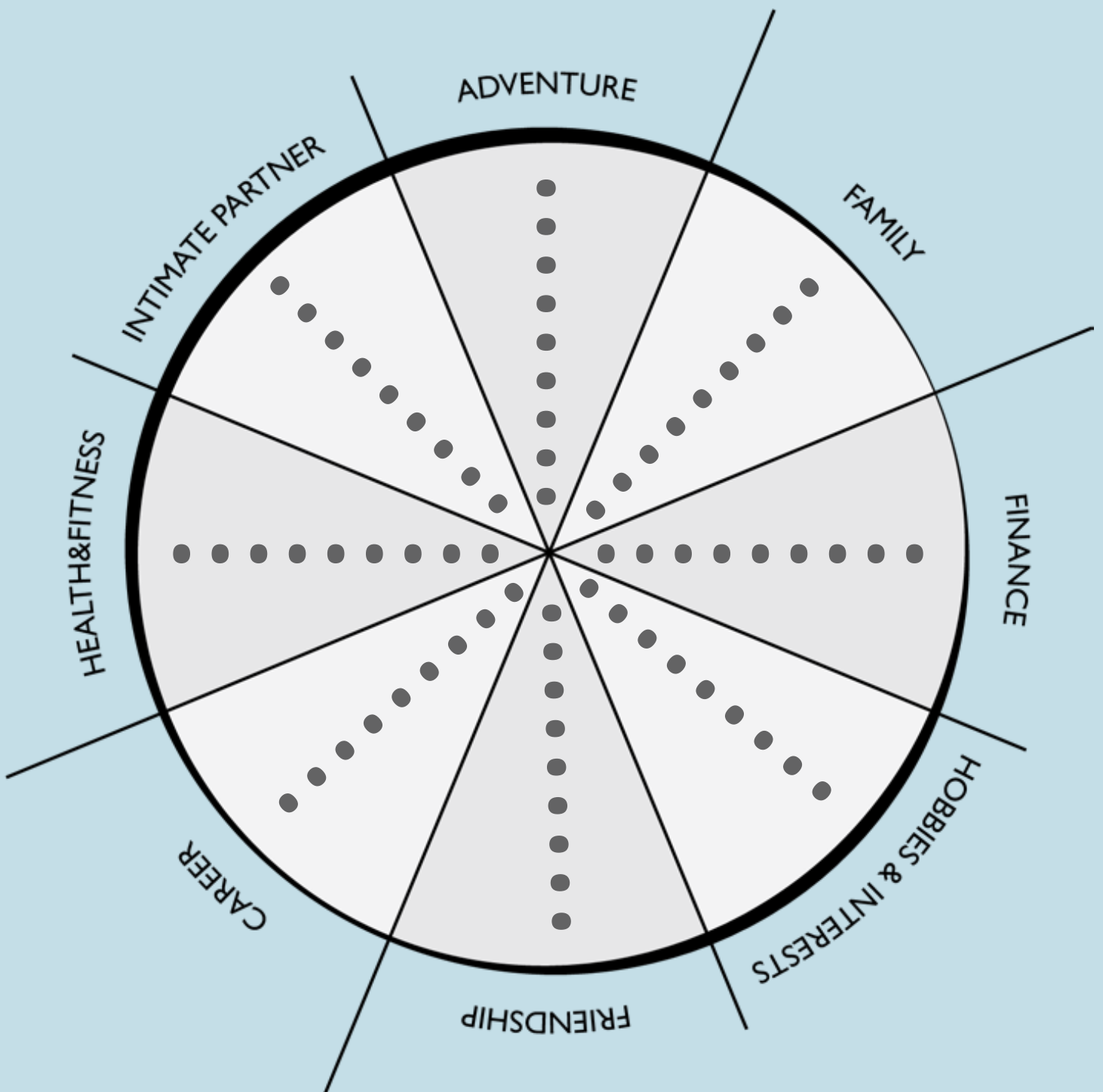
5 Years Ago I Was \_\_\_ Years Old



# Wheel Of Life Assessment

## 5 YEARS FROM NOW

In 5 Years Time I Will Be \_\_\_ Years Old

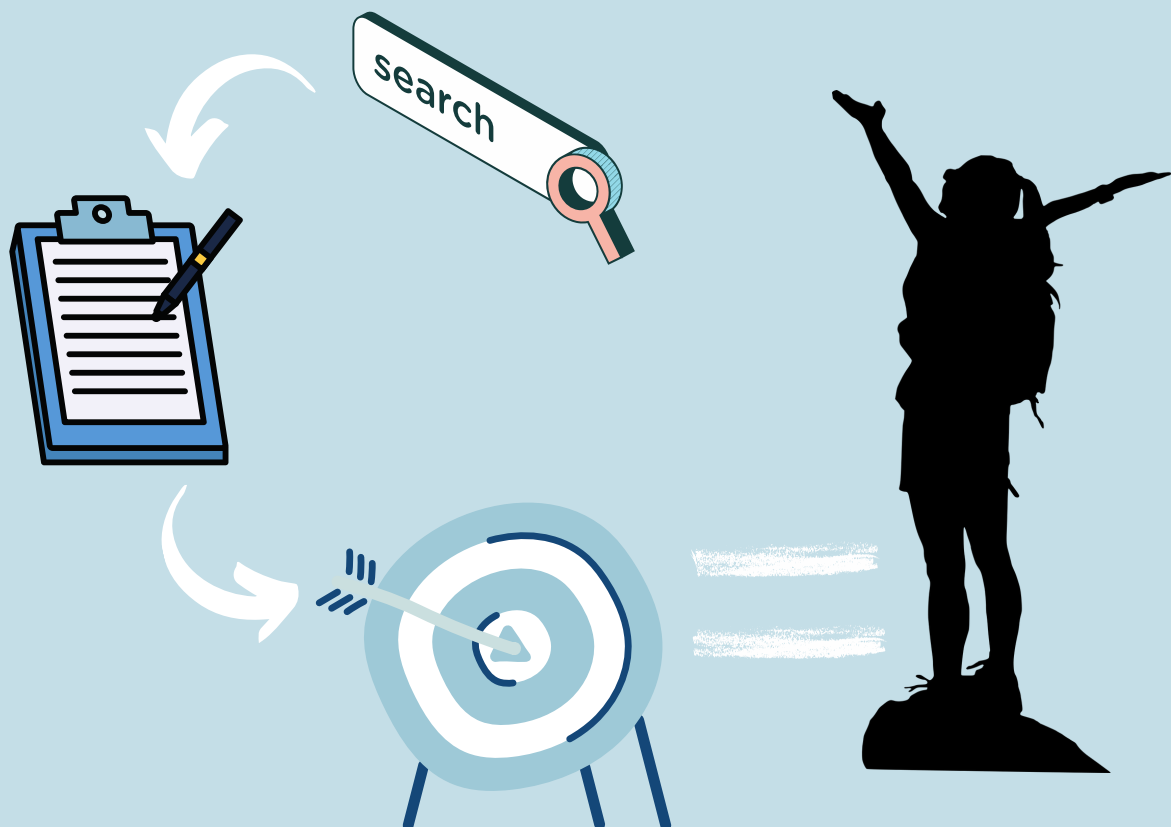




# Action Step INSTRUCTIONS

Now that you've gone through each of the 3 wheels of life for your past, present and future, it's time to look at each of the areas in the wheel individually and create some action steps for yourself about what you would like to focus on that will help you get you from where you are presently in the "Today" Wheel to where you want to be in the future "5 Years From Now" Wheel.

Once you've got a plan of focus for your future self, you'll be more aware of where your 'gaps' are and thus be more empowered to start making some decisions to move towards where it is you actually want to be.



# Wheel Of Life Assessment

## ACTION STEPS

### ADVENTURE

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### FAMILY

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### FINANCE

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### HOBBIES & INTERESTS

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# Wheel Of Life Assessment

## ACTION STEPS

### FRIENDSHIPS

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### CAREER

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### HEALTH & FITNESS

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<input type="checkbox"/>	_____
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### INTIMATE PARTNER

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<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____

**NOW THAT YOU'VE TAKEN THE TIME  
TO START TO GET A 'VISUAL' ON  
WHERE YOUR 'GAPS' ARE, IT'S TIME TO  
START TAKING ACTION TO BRING YOU  
CLOSER TO WHERE YOU WANT TO BE.**

**ARE YOU CURIOUS  
OR ARE YOU COMMITTED?**



If you are committed to making some positive changes for your life from today,

**draw a line in the sand NOW and**  
**Connect with Dee** to find out how you  
can continue your journey today...

Call or Text: 0414 835 447

Email: [deearn.moore@livingatl-coaching.com](mailto:deearn.moore@livingatl-coaching.com)



# CLIENT SUCCESS STORIES...

For nine long years I was struggling to complete my book, then along came Deearn & Living Above the Line.

...my life was filled with fears, doubts & frustration. I had so much going on, but achieving nothing.

Deearn helped me design a simple system that I could follow to get my book done.

Deearn will challenge you, to get the best results that work for you; she's curious as much as she is caring. She is no ordinary life coach; she's an extraordinary coach that I highly recommend if you want to get things done.

Deearn helped me find my true potential. **NELIO DI VINCENZO**  
*Author*

“



I just want to say, the sessions I've had with Deearn have been absolutely fabulous for me. “

Dee's helped me immensely already on my journey of starting my own business, as I was having some challenges in regards to that - I've loved that she's been able to help me think about certain situations in my life a little bit differently and just open up some new ideas for me to take a look at, that perhaps I hadn't looked at before and go and apply them.

**CHRISTINE MALM**  
*Owner of Mindful Awareness*



After years of struggling with achieving my health and fitness goals due to self sabotage, Deearn helped me uncover the reasons why this was occurring and helped me connect with myself on a deeper level to overcome this.

Deearn has helped me achieve a breakthrough that I have never experienced before. The transformation that I am witnessing within myself is mind blowing. Thank you Deearn, I am truly grateful.

**ANA IOSE**  
*Life Coach & Proud Mum of 2*

“





# LIVING ABOVE THE LINE

*life coaching*

EXPLORE. GROW. SUCCEED.

DEEARN MOORE - CEO  
SELF EMPOWERMENT | SELF LEADERSHIP  
PERSONAL & PROFESSIONAL COACHING

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