

How is Your Life Wheel Shaped?

A Life Wheel can help you determine if and where your life is out of balance.

**Completing Your Life Wheel Questions and Setting BeSMART Goals for Well-Being
Assignment Due June 30, 2023**

**Complete Your Life Wheel Observation Questions (No more than 1 page total)
Looking at your completed Life Wheel, answer the following questions:**

List the categories for your Life Wheel and the number for each category.

What are you able to say about your life given the shape of your Life Wheel?

What area did you give the two highest scores? What specifically led you to rate these highest? What areas did you score lowest? Why?

If you continued to live with the way your wheel is shaped, what would your life look like in one year, five years, ten years? What would your ministry look like in one year, five years, ten years?

What area could you make the biggest difference with the least amount of effort? List one action step you can do today and/or tomorrow that will get you closer to a ten in this area.

What area that you scored less than a six are you most motivated to work on and why? What action step can you take in this area that will bring you closer to a ten?

List any obstacles that might get in the way of accomplishing your action step. What can you do to overcome these obstacles?

To help you set action steps for wellness and wholeness, try using the BeSMART goal formula listed below:

Be . . . in prayer about how you hear God calling you to transform before making any goals.

Specific: Clearly state your goal. Where you are going?

Measurable: How will you measure progress?

Attainable: Are you are striving for something that is within your capabilities?

Relevant: Are you are concerned enough to make this goal a priority? What is your

ōy j { öA

T

Questions to Consider as you set BeSMART Goals for your Life Wheel Categories

