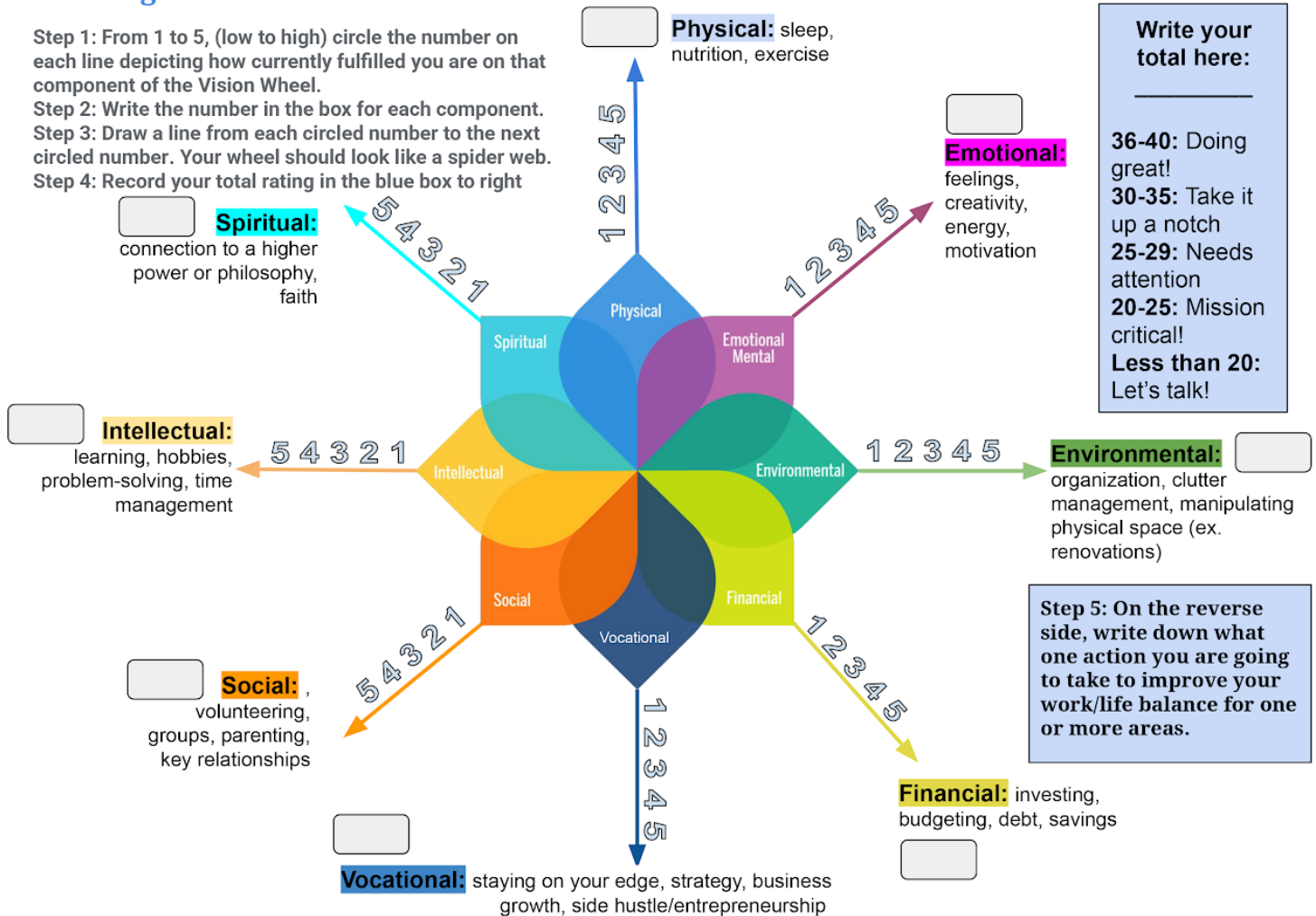


The Vision Wheel

Eight components. One honest picture of your work/life balance.

Vision Wheel Work/Life Integration Assessment Tool

Step 1: From 1 to 5, (low to high) circle the number on each line depicting how currently fulfilled you are on that component of the Vision Wheel.
 Step 2: Write the number in the box for each component.
 Step 3: Draw a line from each circled number to the next circled number. Your wheel should look like a spider web.
 Step 4: Record your total rating in the blue box to right



Rate each component with your gut — a guideline, not a science. Low scores show where focused energy will create the most change; high scores are worth celebrating. Then flip the page and turn your scores into goals.

PREFER TO DO IT ONLINE? TAKE THE INTERACTIVE VERSION AT WHEEL.BEBETTERMODEL.COM

The Goal Tracker

Your single-page dashboard — from scores to goals to action.

Pick one to three components from your wheel. For each, describe yourself in the future as if it's already complete — specific and realistic: “In six months, I weigh 200 pounds, back-squat 225, and sleep seven hours a night.” Then break the goal into actions you can execute, and choose a metric so you know you're on track.

1. COMPONENT: _____ **SCORE TODAY:** _____ / 5

My goal, written as if it's already complete:

Actions I'll take:

Metric & next check-in:

☐ _____

☐ _____

2. COMPONENT: _____ **SCORE TODAY:** _____ / 5

My goal, written as if it's already complete:

Actions I'll take:

Metric & next check-in:

☐ _____

☐ _____

3. COMPONENT: _____ **SCORE TODAY:** _____ / 5

My goal, written as if it's already complete:

Actions I'll take:

Metric & next check-in:

☐ _____

☐ _____

It would be ironic to work so hard on balance that it feels unbalanced. Experiment, and don't bite off too much at once.