

WOL Wheel of Life

Mission Integration

This exercise integrates the Wheel of Life with your personal **mission** or purpose in life. By mission we are referring to what are you “here for” on this planet and what is important to you.

The Wheel of Life can become an integral part of your life by referring to it, and updating it, on a regular basis to ensure that you are on track.

This exercise is designed to help you integrate each aspect of the things that we see as being an integral part of your life.

It offers you the insights to make your path in life, and within your relationship, just a little bit easier to navigate.

In this exercise, you will discover the areas of your life that need some attention. You will also see that there are areas that you may not have even considered that may play a part in your future.

Once completed, this graphic example of “where you are at” may just:

- provoke you to reset your path in life,
- add to the areas you are deficient in, and
- help you set goals and outcomes that will change how you show up in your world.

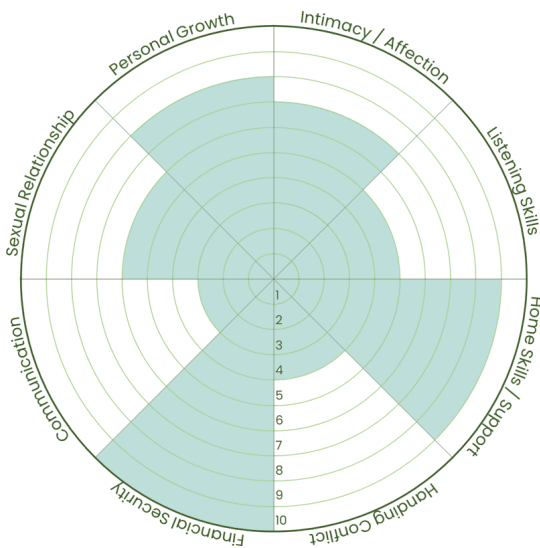


Figure 1 Example Result

Instructions

Each segment, or wedge, of the Wheel of Life represents a part of your life.

For each segment, determine what you judge to be your current level of development on a scale between 0 and 10 where 0 is ‘not at all developed’ and 10 is ‘fully developed’.

Starting from the centre of the circle, shade in each segment in accordance with your current level of development as determined above. For example, if you rated yourself at 5 for Personal Development, shade in the first 5 parts of the segment starting from the centre and working out towards the outer edge of the Personal Development segment.

An example of the end result is shown at *Figure 1 Example Result*.

Be assured that these aspects of life change over time. All WYSER Men (and the partners who love them) are encouraged to revisit the Wheel of Life every quarter as life changes so fast.

This “Wheel of Life” offers you a framework that will help guide you through those changes towards better and more achievable outcomes!

Follow the instructions above to complete the Wheel of Life exercise on the next page.

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Name

Date



Intimacy / Affection
Growth Needs:

Stretch:

Listening Skills
Growth Needs:

Stretch:

Home Skills / Support
Growth Needs:

Stretch:

Handling Conflict
Growth Needs:

Stretch:

Financial Security
Growth Needs:

Stretch:

Communication
Growth Needs:

Stretch:

Sexual Relationship
Growth Needs:

Stretch:

Personal Growth
Growth Needs:

Stretch:

Use your Journal if you need more space

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Set Your Next Goal

Review the Growth Needs and Stretches that you identified on the previous page and set an achievable, date constrained, goal for you to personally achieve. We suggest that you focus on the aspect of your life that you rated yourself as the lowest from a current level of development perspective.

Goal

By When

Signature