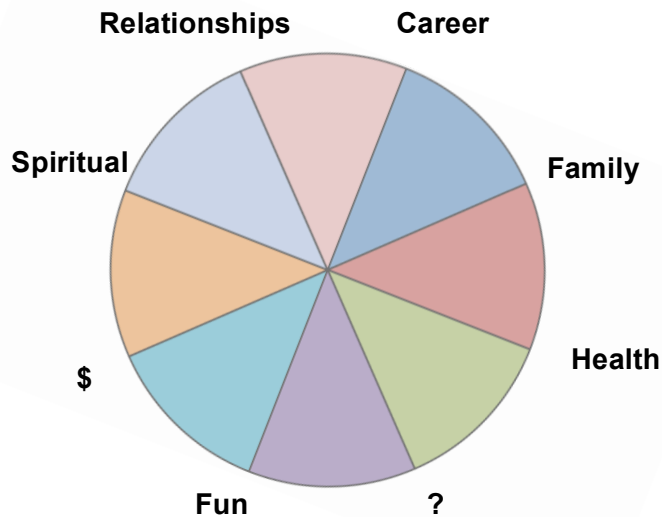


## What is the Abundance Wheel?

We have modified this familiar assessment to give you insights on how you feel about the various parts of your life, and what you may choose to do about it. Begin by printing this page and answering questions below:



Note: “?” has been left blank for you to fill in any category that is important to you.

1. How SATISFIED are you with each of these areas of your life? Place a “☺” on the line that corresponds to the area. If you are very satisfied, place your mark on the outermost part of the line, near the outer edge of the circle. If this area of your life could be improved, place your mark on the line nearer the center of the circle.
2. Do the same for your PRIORITIES using the “♥” symbol. If for example, Fun is a major priority in your life, place your “♥” near the end of the line near the edge of the circle.
3. Do the same for where you spend your MONEY using the “\$” symbol.
4. Do the same for where you spend your TIME using the “T” symbol.

### The Abundance Wheel

Congratulations on completing the first part of the assessment! Now comes the payoff – answer these questions to learn more about how to interpret the exercise:

1. What are your observations? \_\_\_\_\_

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2. How smooth is your “wheel of life”? \_\_\_\_\_

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3. What is the cost to you for a bumpy ride? What is the cost to others? \_\_\_\_\_

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4. To what extent do you “live” your priorities / values? (Integrity = living or acting consistent with your values)

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5. How do you react to a deep dissatisfaction in a particular area? Avoidance? Exclusion? Excessive focus (can't see the good in any other)?

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6. Consider the impact of your high (↑) and low (↓) scores in the following scenarios for further insights into your wheel:

Pattern	♥ = Priority	T = Time Spent	😊 = Satisfied
A	↑	↑	↓
B	↓	↑	↓
C	↑	↓	↓
D	↓	↑	↑
E	↑	↓	↑

- A** You're putting in the time but not getting the payout – perhaps a new strategy is needed?
- B** Do you feel trapped or just stuck in a rut?
- C** Is it really a priority? Where is the avoidance really coming from?
- D** You're spending a lot of time there and seem to be enjoying it; perhaps it's really a true priority?
- E** You're doing something right, why not do more of it?

**Other Considerations:**

- If everything is a TOP Priority = Nothing is a priority.
- How well does your expenditure of “\$” match your priorities?
- Are you enjoying a good return investment of “\$” where it is being spent?