

Whole-Life Energizer Worksheet

List the positive choices and actions that will add to your energy level, well being, and happiness. Consider:

- What or who do you need to *remove* from your life?
- What do you need to *add*?
- What or who is *blocking* your energy?
- What or who *energizes* you?

Social Well being

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Physical Well being

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Spiritual Well being

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Emotional Well being

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Occupational Well being

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Intellectual Well being

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Health and Happiness Action Items

List three to five **positive choices or actions you can take** (they can be easy ones) that will significantly improve your enjoyment of life, that you are ready to act on, and that you would like to be held accountable for (in a good way).

1.

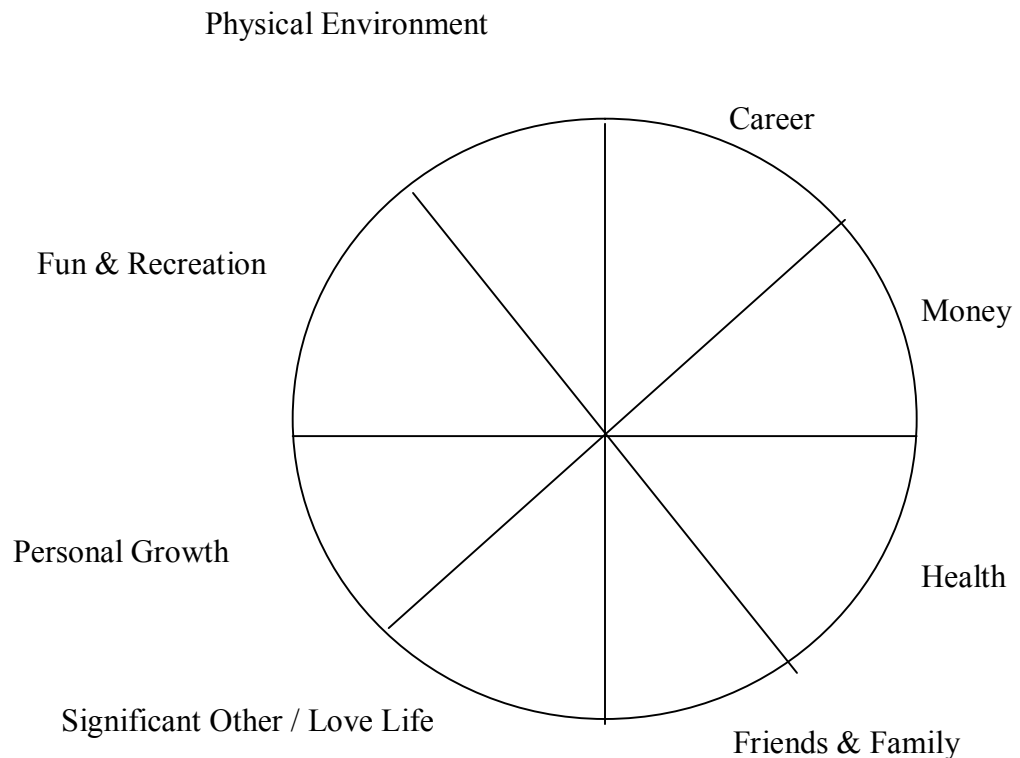
2.

3.

4.

5.

Life Satisfaction – Wheel Assessment



Directions:

How SATISFYING is your life today? The eight sections in the wheel represent important components of a healthy life. Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle will be a good visual assessment of your life at this time.

*The objective **happiness, well being, and success** – positively, personally, professionally, and creatively. I help get you there quicker and easier. What are you waiting for?*

– Anne Wondra 262-544-4310