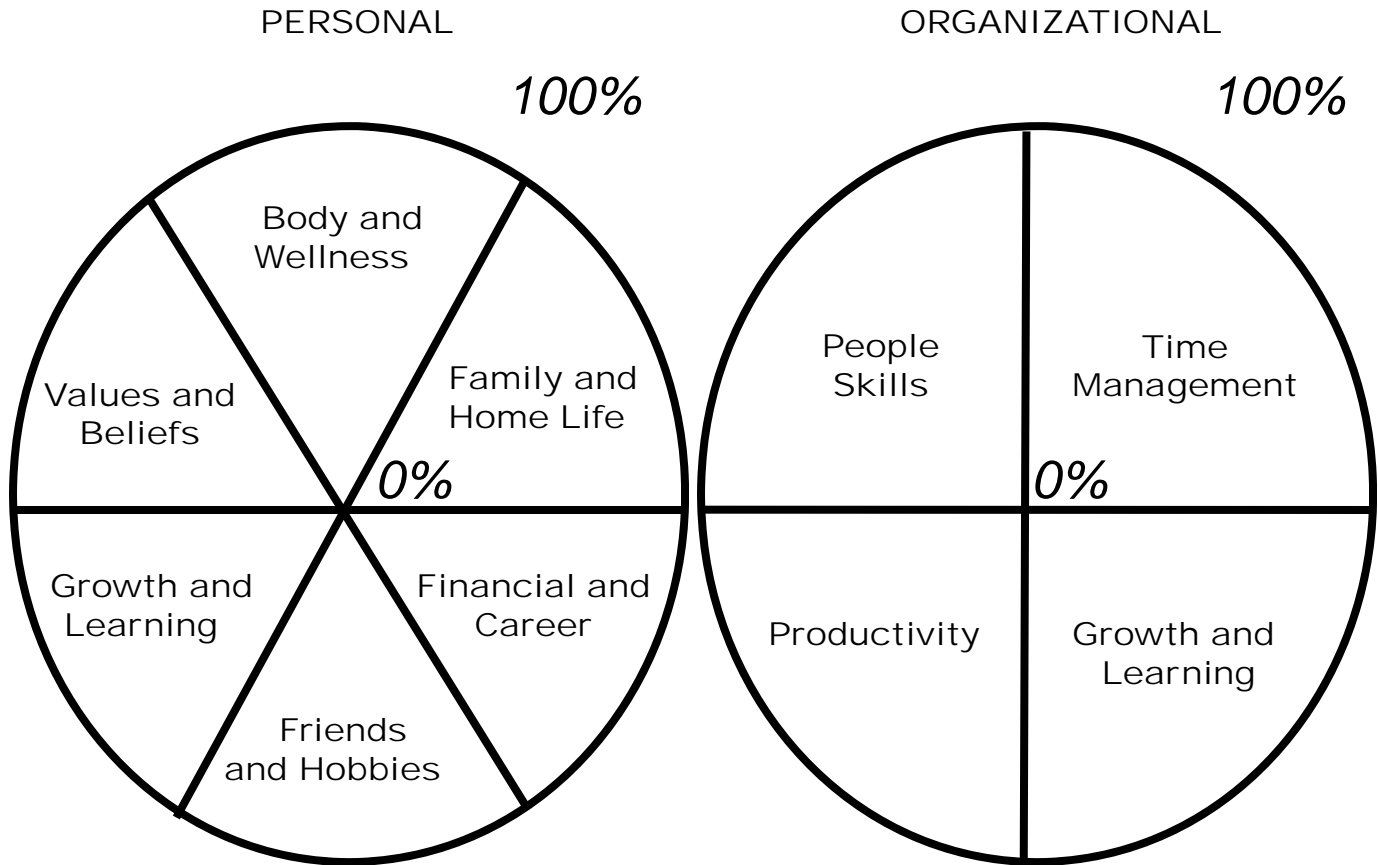


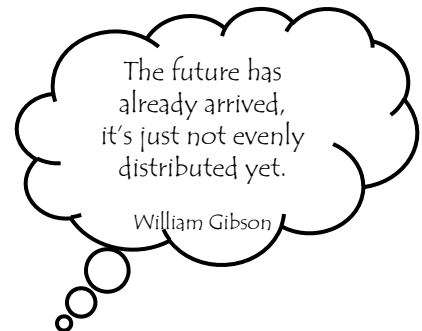
Am I Reaching My Greatest Potential?

Directions: If the center of each wheel represents "0" use of your **potential** on a day-to-day basis and the outside of the circle represents 100% use of your **potential**, shade out the amount YOU think you are using on a day-to-day basis in each area (in general).



What am I good at?

What do I want to be good at?



Some Personal Wheel Questions to Spur Your Thinking

Body and Wellness

What do I want my appearance to be like?
What do I want my cholesterol level and blood pressure to be?
What do I want my energy level to be like?
What can I do to lower my weight (if needed)?
How long would you like to live?

Family and Home Life

What things do I want to do with *and for* my family?
Where do I want to go with my family on day trips or longer vacations?
What changes do I want to make to my home?
What can I do to help with the household chores?
What can I do to have more quality time with my family?
What grudges and resentments need forgiveness?

Financial and Career

How much money do I want to make and how do I want to enjoy it?
What kind of career would really make me passionate and fulfilled?
What business/networking groups do I want to join?
What would I like my reputation at work to be like?
What things do I want to do for my clients, customers or patients?
What kind of training or conferences do I want to attend to learn new skills and knowledge?

Friends and Hobbies

What kind of friends do I want to have in my life?
What kind of things do I want to do *with* my friends?
What kind of things do I want to do *for* my friends?
What three people do I want to have closer friendships with in my lifetime?
What hobbies do I want to have?
What kind of volunteer activities can I do to help those in need?

Growth and Learning

What subjects do I want to learn more about?
What do I want my self-image and attitude to be like?
What can I do to spend more time on becoming self-aware?
What can I do to better understand others and have an open mind?
What kind of cultural and diverse events do I want to attend?
What kind of qualities and traits do I want people to say I have developed?

Values and Beliefs

What do I believe and value in myself, life and relationships?
What would I like my religious and spiritual lives to be like?
How am I my authentic self?
What can I do to demonstrate I live with integrity?

General

What would I regret not doing in my life?
What things do I want to own?
How do I want to live my life?
What would make me feel happy and fulfilled?
What do I want to leave for others after I am gone?