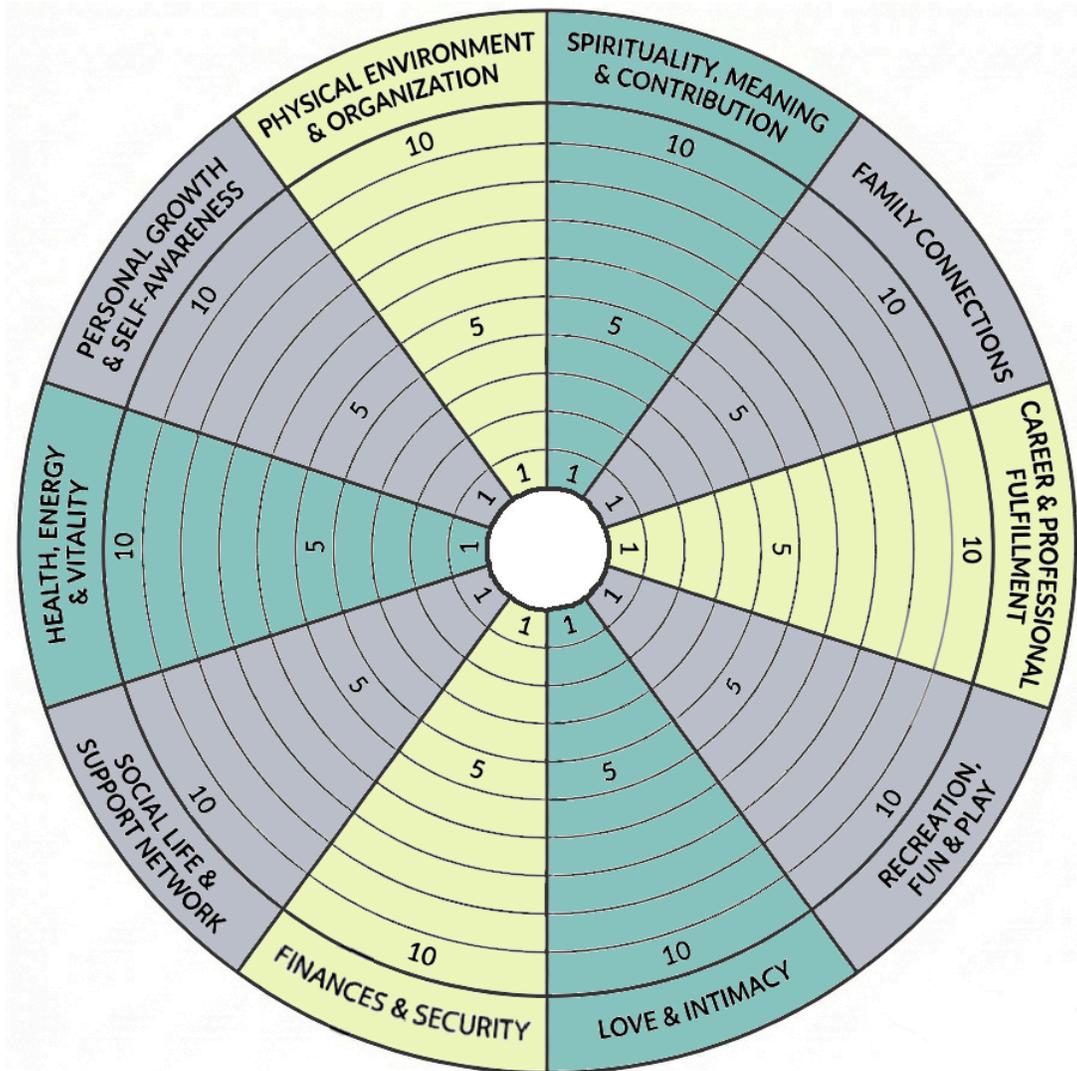


The Alignment Wheel: Find Your True North



Exercise Instructions:

- Think about each category and how satisfied you feel in that area. Only you understand what each of these categories is for you; your definition is the only one that matters for this exercise.
- Rate your current level of satisfaction for each of the categories by placing a dot within the pie piece, using a scale of 1 to 10. One indicates dissatisfaction, while 10 indicates ultimate fulfillment.
- After you've placed the dots, connect them to form a spiky 'wheel'.



Reflection Questions:

What, if anything, surprised you when filling this out?

Are there areas where it is flat?

What parts of your life feel the most important and urgent to work on right now? Write down the three main areas where you would most like to see a positive shift over the next 90 days.

Which one of those top three feels the most important to be experiencing differently first?

What is the outcome that you want in that category?



What feels the most important about addressing that area first?

What is stopping you or slowing you down from having that outcome right now?

What have you tried previously in this area?

On a scale of 1-10, how important is this for you to solve now? (circle number)

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Unimportant → → → → → → → → → → Most important



Action Steps:

1. _____

2. _____

