

YOUR LIFE WHEEL

An opportunity to reflect on areas where you are living your best life and examine areas where you would like to invest time to improve.

TONIGHT'S OUTLINE

Welcome, Prayer and Introduction of the Life Wheel

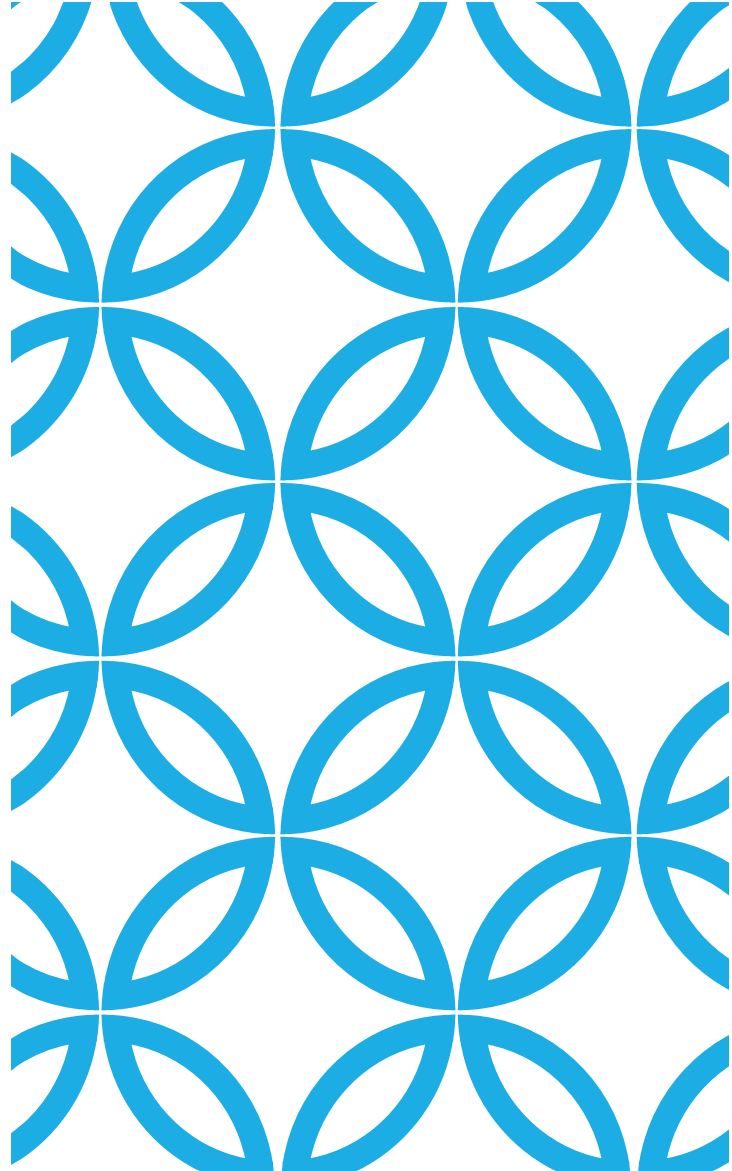
Definitions of the parts of the Life Wheel

Filling in your Life Wheel

How to move forward- setting goals

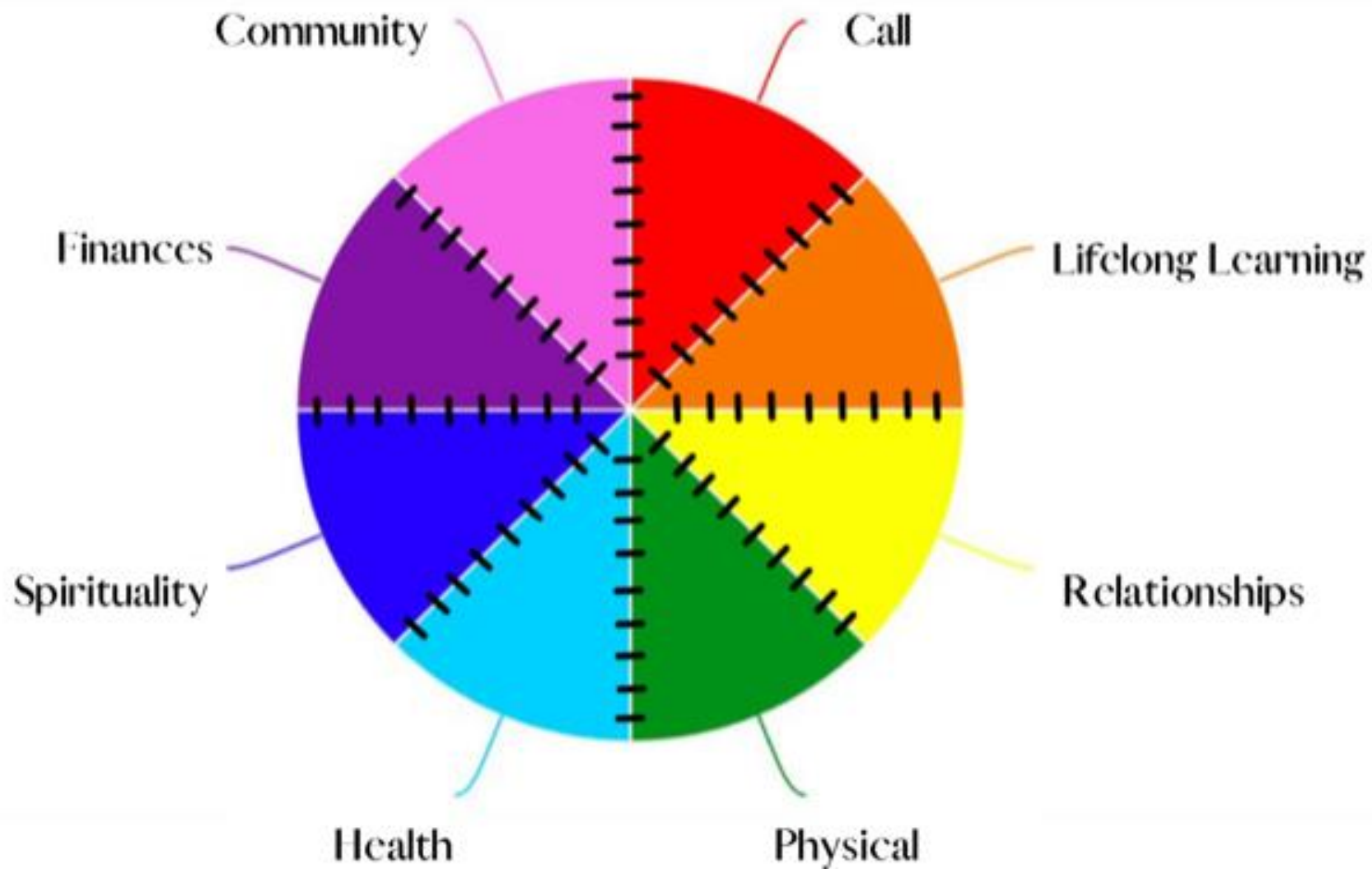
Questions?

Closing Prayer



PARTS OF THE LIFE WHEEL

The Wheel of Life



CALL

The work a person is called to by God. Theologian and writer Fredrick Buechner describes it this way, "The place God calls you to is the place where your deep gladness and the world's deep hunger meet."

LIFE-LONG LEARNING

The formal and informal learning opportunities throughout people's lives that foster continuous development and improvement of knowledge and skills for employment or personal fulfillment.

RELATIONSHIPS

The way in which two or more people regard or behave toward one another.

FINANCE

Management of money which includes activities such as investing, borrowing, lending, budgeting, saving and giving.

PHYSICAL

The physical activity you do each day that promotes health and wellbeing. This can include both individual and group activity such as walking, running, yoga, pilates, barre etc.

HEALTH

The overall picture of health you have at the present time. View your health from a holistic viewpoint including factors such as eating well, not smoking, maintaining a healthy weight and managing stress.

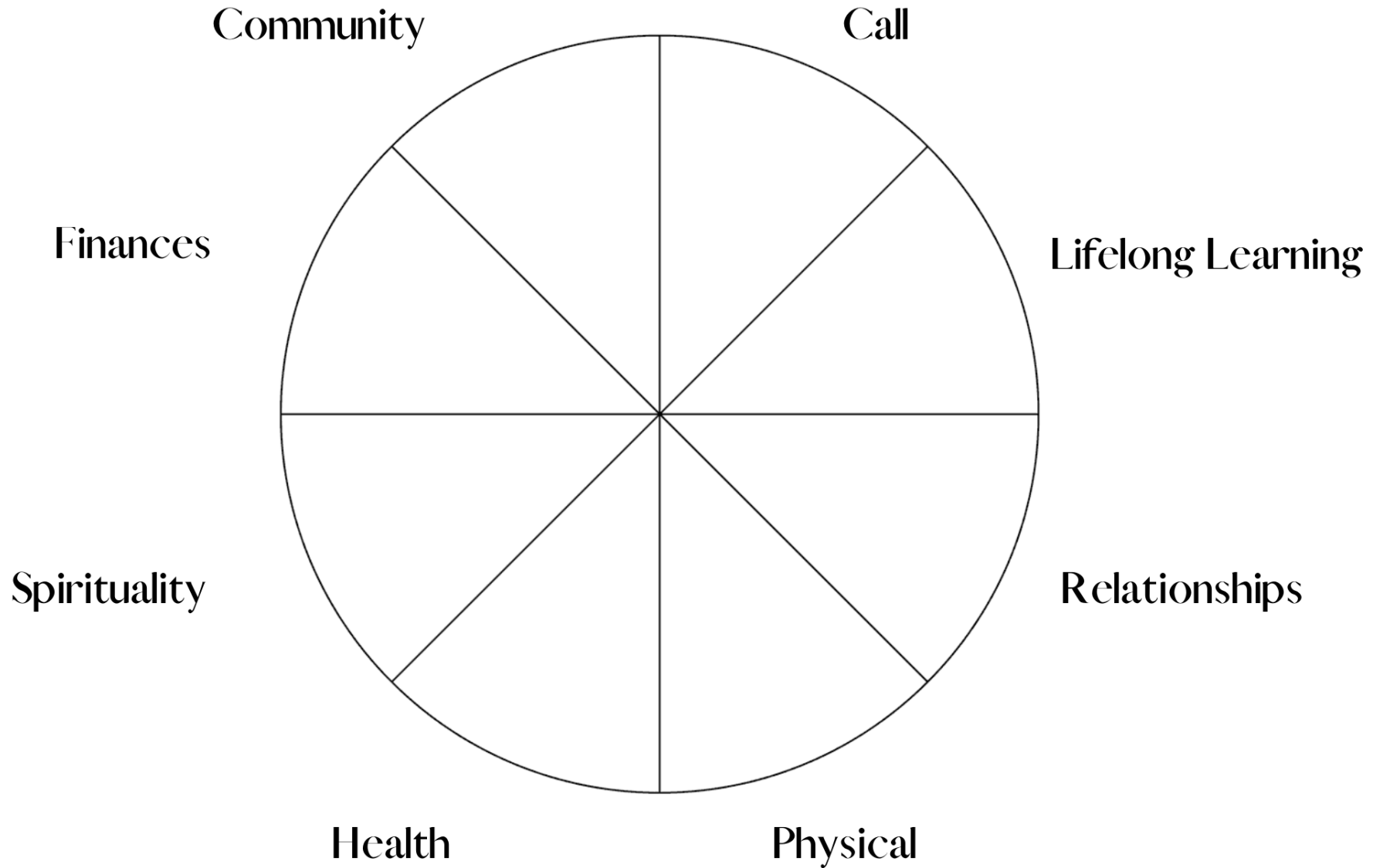
SPIRITUALITY

The spiritual practices we include on our journey of faith. The level with which we approach life from a spiritual perspective. How apt are we at finding the presence of God (and recognition) of God in our everyday lives?

COMMUNITY

How well we see ourselves engaged in our community-defined as our families, church, and neighbors. When we refer to our level of engagement within the community, we include our service to the community.

The Wheel of Life



SMART GOALS



SPECIFIC



MEASURABLE



ATTAINABLE



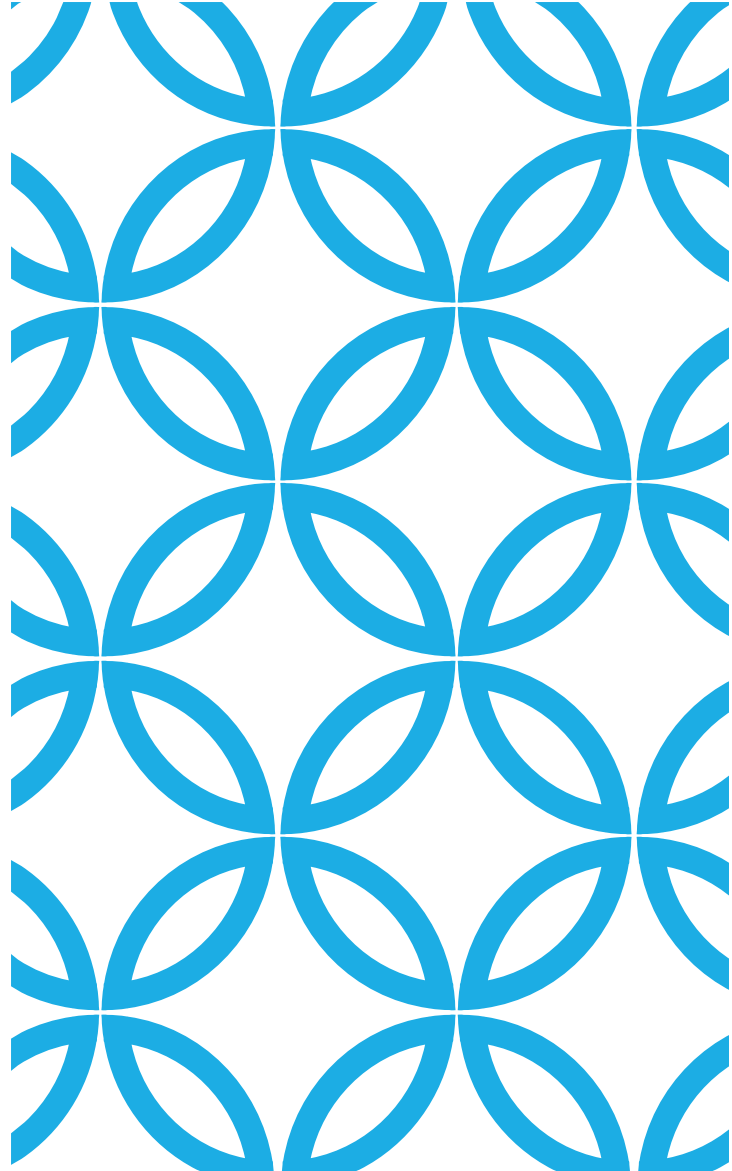
RELEVANT



TIME-BOUND

SMART GOALS





THANK YOU!
