

THE WHEEL OF SELF

This is how you find balance.

CONTENTS

HOW TO USE 03

The wheel of self is a powerful tool designed to help you evaluate and improve your own life balance.

CATEGORIES OF SELF 04

Evaluate the different dimensions of your life to identify which areas are thriving and which areas need your attention.

THE WHEEL OF SELF 05

Rate your satisfaction by category and analyze the results to identify key areas for self improvement and growth.

CATEGORIES FOR GROWTH 06

Identify your top 3 areas for growth and brainstorm possible solutions to increase your satisfaction rating in these categories.

HOW THE WHEEL OF SELF CAN HELP YOU

Tiffany Madvig

Being a mother requires being honest with ourselves about which needs can be met through motherhood and which needs must be met through the continued *development of self*, and yet, the process of reconnecting and rediscovering ourselves while simultaneously showing up for our careers and for our kids doesn't always come easily.

The *wheel of self* is a powerful tool designed to help you evaluate and improve your own life balance through identifying your current satisfaction as it relates to your kids, your career, your finances, your friendships, your health, and your own growth.

It enables you to reflect and identify areas within your life that are thriving and other areas that require your attention. The more clarity we have about what is working and what is not working within our own lives, the better able we are to make the necessary changes for ourselves.

CATEGORIES OF SELF

Evaluate the different categories of your life below. Take note of the areas that are currently thriving and which are being neglected or in need of your attention. Consider what brings you the most joy and fulfillment.

GROWTH + LEARNING



HEALTH + FITNESS



CAREER + FULFILLMENT



KIDS / FAMILY




FRIENDSHIPS + RELATIONSHIPS




LOVE / ROMANCE



FUN + PLAY

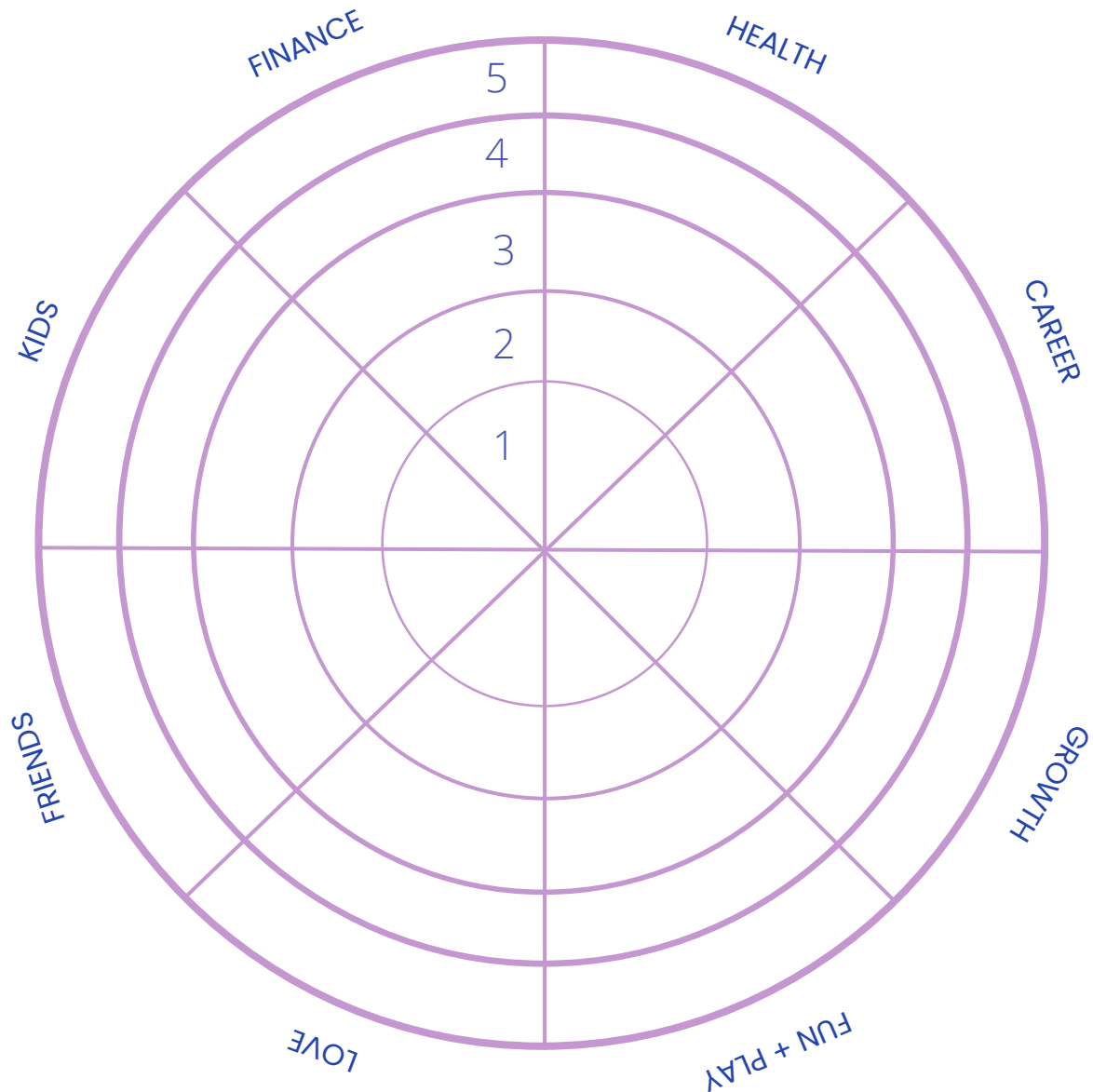


FINANCES / MONEY



THE WHEEL OF SELF

Use your notes from the previous page to rate your current satisfaction in each category on a scale of 1-5 then plot those scores on the wheel below. Analyze the results to identify key areas for improvement and growth.



Identify 3 key areas for growth (1) _____ (2) _____ (3) _____.

CATEGORIES FOR GROWTH

Identify your top 3 areas for growth and brainstorm possible solutions to increase your satisfaction rating in these categories.

GROWTH CATEGORY #1: _____

What would satisfaction in this category look like?

What is one change I could make to increase my rating in this category?

GROWTH CATEGORY #2: _____

What would satisfaction in this category look like?

What is one change I could make to increase my rating in this category?

GROWTH CATEGORY #3: _____

What would satisfaction in this category look like?

What is one change I could make to increase my rating in this category?

YOU ARE THE GREATEST PROJECT **YOU** WILL EVER WORK ON.

Nothing could've prepared me for the monumental shifts that came with motherhood. Prior to having kids I naively thought that I could seamlessly add a child into my life without changing much else, but my experience navigating postpartum depression coupled with my unexpected departure from my corporate career to stay home with my kids left me in a full-blown identity crisis.

Motherhood kickstarted my journey of self-discovery and I made it my mission to help other women work on themselves so they can mother from a place of strength (aka fullness of self) rather than the other way around.

WORK WITH ME

One on one career exploration and identity coaching for under-fulfilled, ambitious women looking to unlock their purpose and potential inside and outside of motherhood.

www.tiffanymadvig.com/workwithme

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