

# 7-Day Transformational Challenge

## Pre-Work

The first thing you are going to want to do is assess your situation as it is now. No judgment, no criticism, just assess exactly where you are right now before you get started and before you even know where you are going. A simple true-life assessment of where you are truly based on where you believe you are right now.

Once you get started on this journey it will be important to keep things in place in your personal life, even if they are going well now, try to think about what will be affected when you add additional goals into the stream of things and view the things that you want to remain the same as goals as well.

The purpose is to increase the balance of what you are dealing with in your life, family, relationships, career, and anything else that is important to you. While you may put more time, energy, and emotion into a career goal, it may take away from a relationship goal, and this is something that will be important to discover along the way so be sure to look at your goals with this in mind.

## Introduction to The Wheel of Life

The wheel of life for your pre-work will be divided into eight areas of your life:

Family	Personal Growth	Spirituality	Relationships
Recreation	Health	Finance	Career



# Rating your Emotions, Energy, and Time

## Rating Your Emotions

Emotions are your inner world. To rate emotions 1 would be a feeling of absolutely no stress: Joy, bliss, being happy with yourself. Five would be extreme stress, a full-blown panic attack, depression, or self-beat-up.

### Family

1

2

3

4

5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

### Personal Growth

1

2

3

4

5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

### Spirituality

1

2

3

4

5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

### Relationship

1

2

3

4

5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_



# Rating Your Emotions

## Recreation



Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

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## Health



Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

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## Finance



Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

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## Career



Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

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# Rating Your Energy

Energy is action. For instance if you work out five times a week, or write three chapters in a book. The energy you put into each of your eight areas can be measured with 1 being the lowest, as if you are completely depleted or five being the highest amount of energy, like feeling extremely motivated and energized.

## Family

1 2 3 4 5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

\_\_\_\_\_

## Personal Growth

1 2 3 4 5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

\_\_\_\_\_

## Spirituality

1 2 3 4 5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

\_\_\_\_\_

## Relationship

1 2 3 4 5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

\_\_\_\_\_



# Rating Your Energy

## Recreation

1

2

3

4

5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

## Health

1

2

3

4

5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

## Finance

1

2

3

4

5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

## Career

1

2

3

4

5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

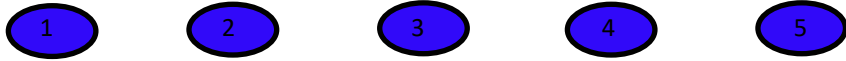
If you rated well, what is the best part about having it this way? \_\_\_\_\_



# Rating Your Time

Time is how much you are doing. For instance if you spend 10 hours a week working out, or two hours on a new resumé . The time you put into each of your eight areas can be measured with 1 being the lowest, if you haven't put any time in or five being the highest amount of time, if you put in the amount of time you had planned or more.

## Family

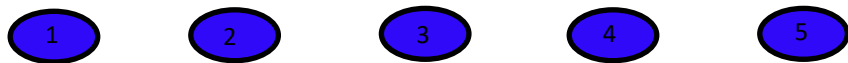


Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

## Personal Growth

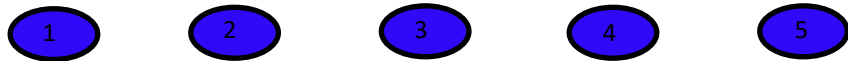


Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

## Spirituality

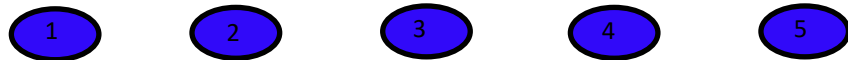


Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

## Relationship



Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_



# Rating Your Time

## Recreation

1 2 3 4 5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

## Health

1 2 3 4 5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

## Finance

1 2 3 4 5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_

## Career

1 2 3 4 5

Why did you rate it this way? \_\_\_\_\_

How would you like it to be different? \_\_\_\_\_

If you rated well, what is the best part about having it this way? \_\_\_\_\_



# Fill In Your Wheel Of Life

Use your scores and fill in your wheel of life.

Use a **green** pencil/pen/marker and fill in your emotions first. Place a dot on the number that coincides with the area that you rated in your emotions rating. Then connect your dots.

Use a **light blue** pencil/pen/marker and fill in your energy ratings. Place a dot on the number that coincides with the area that you rated in your emotions rating. Then connect your dots.

Use a **blue** pencil/pen/marker and fill in your energy ratings. Place a dot on the number that coincides with the area that you rated in your emotions rating. Then connect your dots.

This will give you the ability to see the contrast in your emotions, energy, and time.





