



Imagine that the center point is the least desirable state and the outside of the circle is the most desirable state. Look at each category. Take a moment to think about where you are right now. Where is it in relation to where you want to be? Then mark along the line for each category where you feel you are right now. Next, connect the dots. Notice the parts of your wheel that are closest to the center. What are 3 action steps that you can take to improve these areas? When you create your current vision or intention, make sure it challenges you to work on your weakest areas.