

Life by Design
WORKSHOP SERIES

1

CLARITY
with ease

WORKBOOK

My life wheel

The "Wheel of Life" is a powerful self-assessment tool that helps you visualize different areas of your life and assess your level of satisfaction in each one. By filling out this chart, you can gain clarity on where you are thriving and where you may want to focus more attention to achieve a balanced and fulfilling life.

HEALTH & VITALITY
The power and energy of a healthy body
What kind of physical body would you have?
How do you feel in your body?
What does this allow you to do?

LEARNING & GROWTH
The skills and knowledge I want to develop
What would you learn?
What would you explore?
What skills would you develop?

CAREER & BUSINESS
Professional achievement and fulfilment
What kind of work would you do?
What professional contributions would you make?
How would you work and what does your career look like?

RELATIONSHIPS & CONNECTION
Family, friends, community and romantic connections
What kind of relationships would you have?
How would you interact with family and friends?
Who would you surround yourself with?

CONTRIBUTION & LEGACY
Contributions you make and how you serve others
What good would you do in the world?
How would you spend your days?
What legacy would you leave / what would you be remembered for?

WEALTH & LIFESTYLE
Personal wealth, environment, experiences, material things
How much wealth would you have?
What experiences would you spend your money on?
What would your home be like and what kind of lifestyle would you be living?

10/10

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NOTE: Highlight the area you'd like to focus on in today's workshop. You are welcome to address the other areas of your life at a later date.

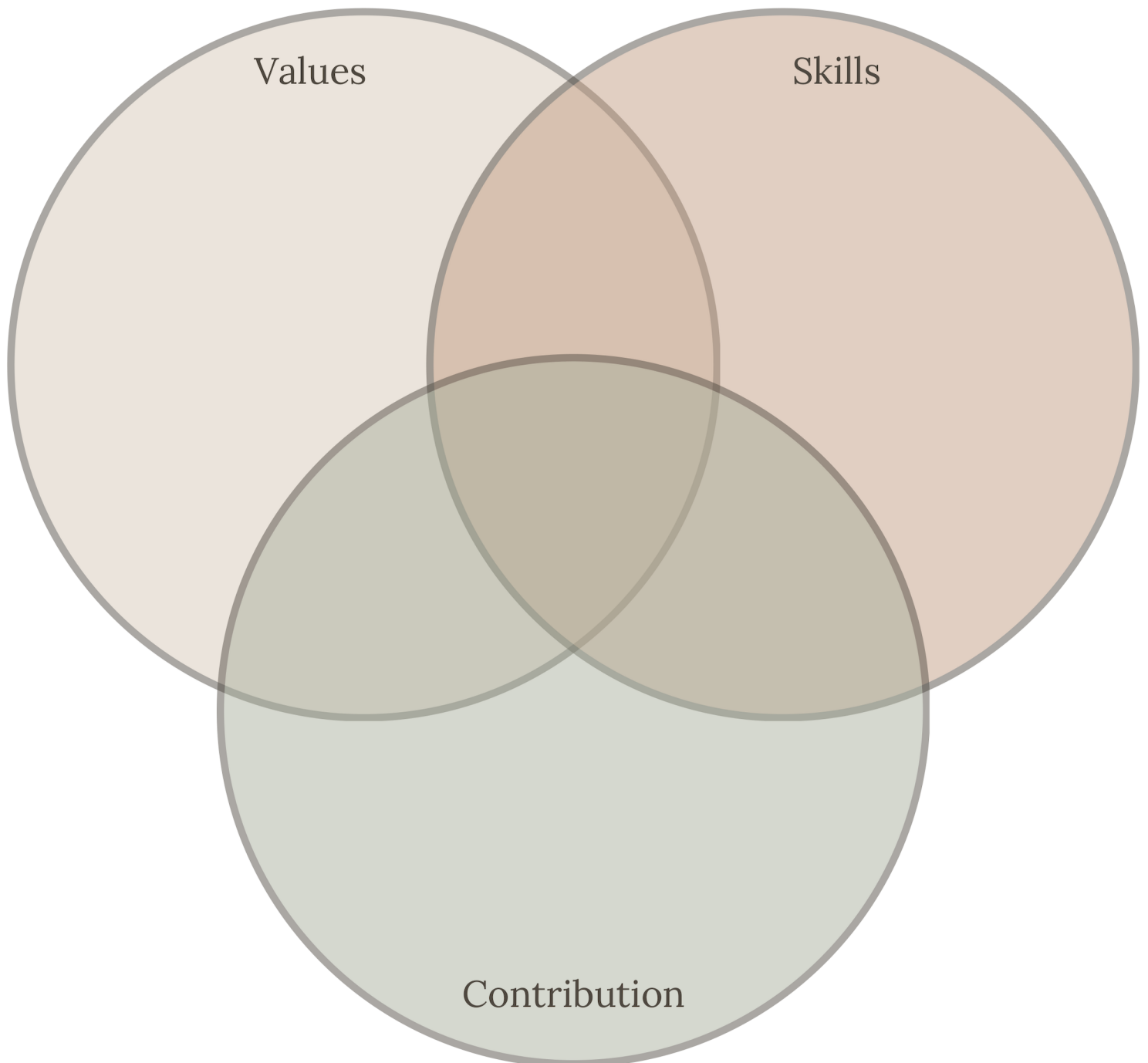
Personal Values

Understanding your values is crucial for designing a life that lights you up. Your values act as a guiding star lighting the path and making life choices easier as they help you prioritise what truly matters. Take a look at the list below and highlight all the values that resonate with you. We'll then take you through an exercise that helps you to narrow them down to your top 4.

Abundance	Decisiveness	Individuality	Reliability
Acceptance	Dedication	Influence	Reputation
Accountability	Dependability	Inner harmony	Religion
Accuracy	Determination	Innovation	Respect
Achievement	Development	Inspiration	Responsibility
Adventure	Diligence	Intelligence	Resourcefulness
Advocacy	Diversity	Intuition	Results
Altruism	Efficiency	Joy	Rigor
Ambition	Empathy	Justice	Risk taking
Appreciation	Encouragement	Kindness	Safety
Assertiveness	Enthusiasm	Knowledge	Security
Authority	Enjoyment	Leadership	Self-control
Autonomy	Equality	Learning	Selflessness
Authenticity	Equity	Legacy	Self-reliance
Balance	Ethics	Love	Self-respect
Beauty	Excellence	Loyalty	Service
Being the best	Excitement	Making a difference	Stability
Benevolence	Expertise	Mastery	Speed
Belonging	Expressiveness	Meaningful work	Spontaneity
Boldness	Fairness	Merit	Spirituality
Brilliance	Faith	Mindfulness	Success
Caltness	Family	Motivation	Support
Caring	Fame	Obedience	Status
Challenge	Fitness	Optimism	Structure
Charity	Friendships	Open-Mindedness	Teamwork
Cheerfulness	Flexibility	Order	Thankfulness
Clear mindedness	Freedom	Originality	Thoughtfulness
Cleverness	Fun	Passion	Tolerance
Community	Generosity	Peace	Traditionalism
Commitment	Goodness	Perfection	Trustworthiness
Compassion	Grace	Performance	Understanding
Competency	Growth	Personal Development	Uniqueness
Cooperation	Happiness	Playfulness	Usefulness
Collaboration	Hard work	Positivity	Versatility
Consistency	Health	Poise	Vision
Continuous Improvement	Helping society	Popularity	Vulnerability
Contribution	Honesty	Power	Warmth
Courtesy	Honour	Preparedness	Wealth
Creativity	Humility	Proactive	Well-being
Credibility	Humour	Professionalism	Wisdom
Curiosity	Inclusiveness	Quality	Zeal
Daring	Independence	Recognition	Zest

My Uniqueness

Everyone is valuable because each person brings a unique perspective shaped by their individual experiences, values, and skills. This diversity enriches our collective understanding, fostering innovation and empathy. By embracing these distinct contributions, we create a more vibrant and dynamic world.



YOUR NOTES

Defining Purpose

Purpose is the feeling that your life has meaning and contributes to something bigger than yourself, providing a sense of direction and motivation. It fosters resilience during challenging times and contributes to overall well-being by giving your life significance and a sense of accomplishment.

We have provided some thought starters for you to springboard from below:

Making a positive impact on the world	Creating something beautiful or meaningful	Connecting with others and building strong relationships
Learning and growing as a person	Living a life of adventure and exploration	Leaving a legacy (what is that legacy?)
Experiencing joy and happiness	Helping others	Finding your own personal truth
Living in the present moment	Sharing your knowledge and expertise	Protecting the environment
Promoting peace and understanding	Pushing the boundaries of human knowledge	Creating a more just and equitable world
Building a strong and healthy community	Becoming a master of your craft	Living a life of faith or spirituality
Promoting creativity and self-expression	Finding inner peace and happiness	Becoming financially secure
Taking care of your physical and mental health	Creating a loving and supportive family	Living a life of adventure and exploration
Making a difference in your local community	Preserving cultural heritage	Promoting animal welfare
Providing comfort and care to others	Using your talents to bring joy to others	Living a life of integrity and authenticity

My way of Contributing

“When you know your WHY, you can endure any how.” Simon Sinek

Values-Aligned Action Plan

It's time to progress. Choose one or more of the life areas below and note down one simple yet meaningful thing you can do to move towards your ideal life. Remember, consistent small changes can lead to big results.

<p>HEALTH & VITALITY</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>BY WHEN?: <hr/></p>	<p>LEARNING & GROWTH</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>BY WHEN?: <hr/></p>
<p>WEALTH & LIFESTYLE</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>BY WHEN?: <hr/></p>	<p>CAREER & BUSINESS</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>BY WHEN?: <hr/></p>
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