



Place a dot on the line marking how satisfied you are with each area of your life. Dots closer to the center of the circle indicate dissatisfaction, while a dot placed toward the outside indicates ultimate happiness. Connect the dots to see your Wheel of Life. Are there areas where your Wheel is flat?

What feelings or images would you like to create in these areas? Do a quick doodle with some words to represent what you're wanting to bring in or continue working on. You may want to draw a picture your smiling face, you practicing and/or completing a difficult task, a house, a partner, a vacation... whatever comes to your mind.

Health
Career
Finances
Relationships
Spirituality



Your Ideal Home

Your home is a blend of the five main areas of your life. What are some of the activities you'd like to be represented in your home? What do you want it to look like or feel like?



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Often, clutter is a result of unfinished (or potential) projects. Look around your home and make note of all of the pending projects. Clutter can also happen as a result of an overloaded schedule, or dissatisfaction with one of the core areas of life. What are the sources of your clutter?



Prioritize. You don't need to put this entire list in order, but pick one or two "projects" to allow to come to the forefront. Are there any projects that can be eliminated?

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