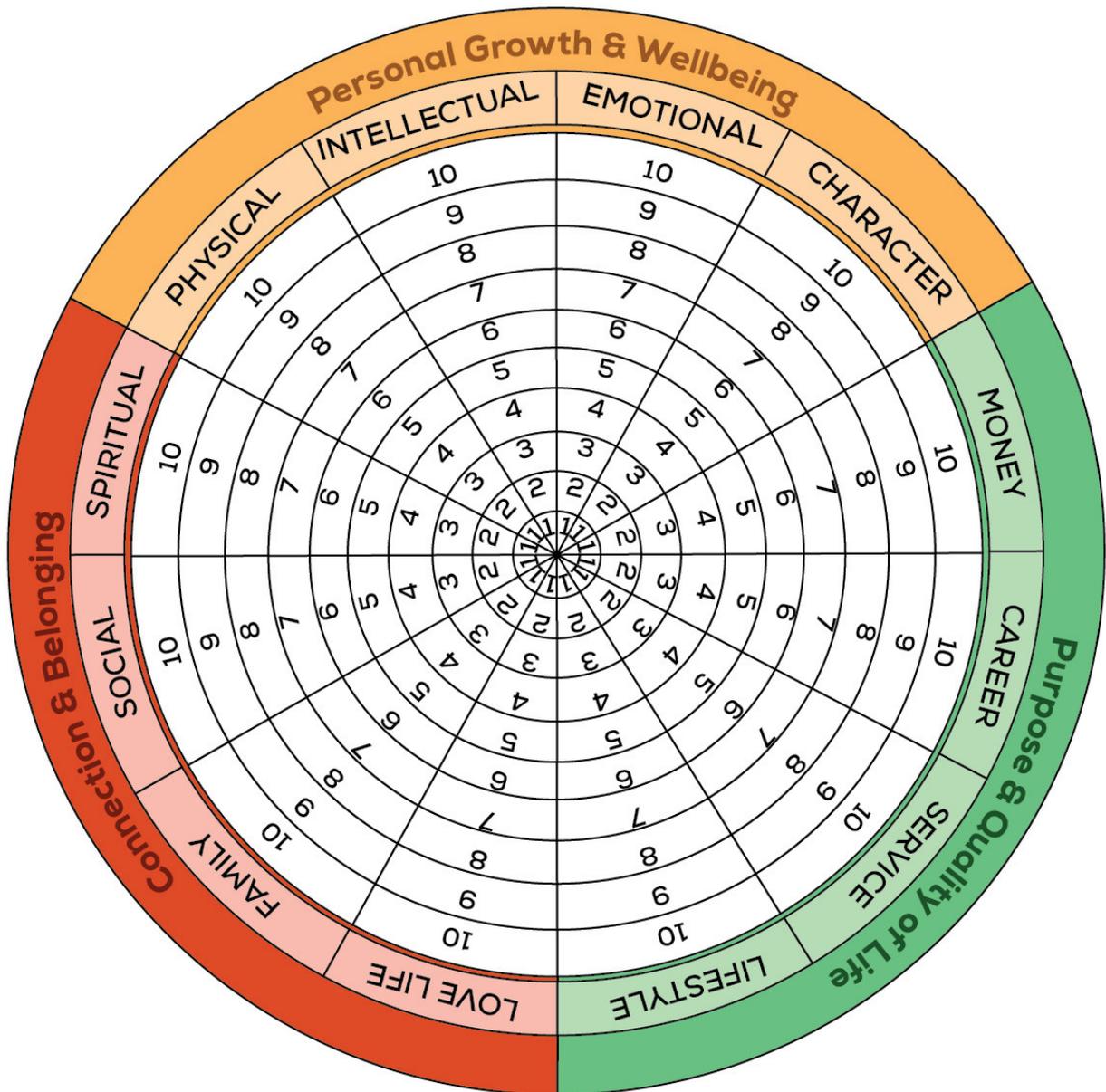


HOW FULFILLED ARE YOU?

Life Fulfilment Wheel



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WHAT'S FULFILMENT ANYWAY?

Fulfilment refers to "a feeling of pleasure that you experience when you are getting what you want out of life." (*Cambridge Dictionary*)

It has also been described as "a feeling of happiness and satisfaction, especially because you are doing something important or using your abilities in a way that feels meaningful to you." (*MacMillan Dictionary*)

Fulfilment gives you a "filled up" kind of feeling.

But even if your levels are low in certain areas, you can start to change that immediately, and you will experience happiness just from making progress towards your goals in each area.



WHAT'S THE LIFE FULFILMENT WHEEL?

The Life Fulfilment Wheel is a coaching tool designed to help you reflect on your actual levels of fulfilment at this time in your life.

Completing this activity will help you to recognise what areas of your life need attention, and which areas are bringing you the most satisfaction.

I recommend taking yourself through this activity on a regular basis, like once every 3, 6 or 12 months!

May your life be deeply fulfilling,



UNDERSTANDING THE CATEGORIES

Most of these are quite self-explanatory, but in case you are looking for clarification, here is what each category represents.

PERSONAL GROWTH & WELLBEING

PHYSICAL – this category focuses on your body, including your physical health, fitness & wellbeing. How fulfilled are you with this aspect of life? Are you committed to taking care of your body, treating it like a temple, fuelling it and nourishing it, so that it can serve you well so you can fully enjoy life as you mature?

INTELLECTUAL – Are you employing the power of the human brain to full effect in your life? Or do you stray into unconsciousness, laziness and habitual thinking? Are you good at reasoning things through or are you too led by your emotions? What areas of knowledge would you like to improve? Would you like to learn a language, return to study or just read more to keep your brain active?

EMOTIONAL - this category focuses on your emotional life. Are you emotionally aware? Do you manage your emotions effectively or do they manage you? Do you listen to, appreciate & honour your emotions?

CHARACTER – this category asks you to explore your own character? Are you the person you want to be? Are you satisfied with your character or would you like to develop and improve yourself in some way? Are you clear about your values and beliefs and how these influence your choices?

PURPOSE & QUALITY OF LIFE

MONEY – rate yourself out of 10 for how satisfied you are with the financial aspect of your life? What is your relationship with money? Do you have enough and enjoy it? Does it give you freedom or does it control you? Do you feel a sense of abundance and prosperity or do you have a scarcity mindset?

CAREER – what is your relationship with your career? Do you love what you do? Are you good at it? Is your work connected to your purpose? Overall, how fulfilled are you with this area of life and why?

SERVICE – how do you want to be of service to others or the world? Do you have a larger purpose? How fully are you living that purpose in the world? What might be your greatest offering to the world? And how do you intend to create a life centred around your purpose and deepest service?

LIFESTYLE – how satisfied are you with your lifestyle? Do you do things that bring fun and adventure to your life? Do you travel as much as you would like? Or have time freedom to pursue your interests? Do you enjoy your home? Do you spend time in nature? Do you work when you want to work and have time freedom? What kind of lifestyle do you dream of living? What things would bring joy to your life?

CONNECTION & BELONGING

LOVE LIFE – how fulfilled are you in the area of intimate relationship? Are you in a relationship now? Do you want to be? Are you happy or miserable? Are you able to consistently share your best self to your partner? Is there respect and appreciation? What would increase fulfilment in this area?

FAMILY – we all have a family. This category refers to your family of origin, as well as the family you have created - whether that be biological, or adopted children or a family of friends. You may be a parent, an orphan, or you may have a large family? How fulfilling is your family life right now?

SOCIAL – is your friendship network strong? Are you fulfilled by the social connections in your life? Do you spend quality time with friends and participate in your local community? Perhaps you feel isolated, unsupported and alone? Or you are surrounded by toxic/ambivalent friendships that don't sustain you?

SPIRITUAL – this category explores how fulfilled you are with your spiritual life? This is not about religious beliefs, it is about your sense of connection to the divine, to consciousness, to Oneness or universal energy. Is the force strong in you? How often do you connect to the energy that drives life?

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USING THE LIFE FULFILMENT WHEEL

1. Complete the Wheel by shading each section (using a pencil or highlighter pen) according to how fulfilled you currently feel in each area of life (where 1 = Not at all fulfilled and 10 = Highly fulfilled. This is your baseline or starting point.
2. The Wheel represents balance. What does your shading tell you? Where is your life out of balance?



3. Identify your 3 highest and 3 lowest scoring areas?

Highest:

1.

2.

3.

Lowest:

1.

2.

3.

4. Are there any patterns? What surprises you or catches your attention? Do they fall into one of the 3 over-arching categories or across the wheel?

5. Looking at your 3 lowest scoring areas, ask: "What specific action would I need to take to increase my satisfaction by just 1 increment?" Write it down.

1.

2.

3.

6. Commit to taking the specific actions listed above and give yourself a timeline for completing the actions. Write it in your diary.

7. Share your Wheel & intended actions with your partner, friend or coach.