

The Wheel of Excellence™

It really is possible to have an **excellent** life! It's something we all want for ourselves and others. This program is designed to help you to produce the results that lead to having an excellent life.

The Wheel of Excellence™ is designed to be used in conjunction with a personal coach. A coach can support you in working through the program, and also help to you to complete the program faster, easier and with greater predictability than you would on your own. But you can begin the program today, even if you don't have a coach.

The program consists of 49 items that, when completed, will most likely result in a balanced, excellent life.

The 7 areas of the program are:

- ☐ Business and Career
- ☐ Personal Development
- ☐ Wealth and Finance
- ☐ Relationships and Family
- ☐ Health and Fitness
- ☐ Spiritual
- ☐ Fun / Pleasure

Please be advised that this program is NOT easy. Your first score may be quite low. Recognize that your initial score is merely a *starting point*—a measure of where you are currently in each area. These results will help you determine which areas of your life to focus on, and the extent to which your life is balanced.

As you work through the program, and with the support of your coach, you will make rapid progress. You may also score high in a particular area, but require months (or even years) to achieve excellence in other areas. Enjoy the journey, and stay focused on the outcome!

Be sure to repeat this exercise every 90 days, even if you are not consciously focusing on this program. You will likely see progress!



Business & Career

- ☐ My work is both fulfilling and rewarding.
- ☐ I am on a positive career path that leads to increased opportunities.
- ☐ I look forward to going to work almost every day.
- ☐ I am in my chosen career, and would work in this area even if I didn't need the money.
- ☐ My work is not everything, but it is an important part of my life.
- ☐ My earnings are commensurate with the effort I put into my job.
- ☐ I read 30-60 minutes per day in my chosen field.

_____ Score for Business & Career
(# of boxes checked)

Personal Development

- ☐ I am living the life that I want to live.
- ☐ I attract success, rather than striving for it.
- ☐ I am supported by a mastermind group, an advisory board or a personal coach.
- ☐ I invest at least 5% of my income in myself—books, tapes, classes that help me to grow.
- ☐ I accept complete responsibility for my life.
- ☐ I write down my top 10 goals every day.
- ☐ I use affirmations and visualization to move me forward in my life.

_____ Score for Personal Development
(# of boxes checked)

Wealth & Finance

- ☐ I have 6 months' living expenses in a savings account or a money market fund.
- ☐ I have no credit card or other short-term debt.
- ☐ I save at least 10% of my income.
- ☐ I am earning one or more passive streams of income.
- ☐ I am on track to reach financial independence, or am already financially independent.
- ☐ I have no financial stress of any kind in my life.
- ☐ My estate plan is up to date and accurate.

_____ Score for Wealth & Finance
(# of boxes checked)

Relationships & Family

- ☐ I am pleased and content with my spouse / partner, or happy being single.
- ☐ I have a circle of friends who I truly enjoy.
- ☐ I have a best friend.
- ☐ I treat everyone with the same positive, respectful and loving manner: spouse, clients, clerks and acquaintances.
- ☐ I surround myself with people who nourish me.
- ☐ I invest a sufficient amount of time with those closest to me.
- ☐ The people in my life are aware of how much they mean to me.

_____ Score for Relationships & Family
(# of boxes checked)

Health & Fitness

- ☐ I eat at least five servings of fruits or vegetables per day.
- ☐ I drink half my body weight in ounces of water each day.
- ☐ I exercise at least three times per week.
- ☐ I get a sufficient amount of sleep each night.
- ☐ I take a nutritionist-recommended multivitamin daily.
- ☐ I rarely use caffeine, sugar or alcohol.
- ☐ I do not smoke.

_____ Score for Health & Fitness
(# of boxes checked)

Spiritual

- ☐ I have a relationship with God (or the equivalent for you).
- ☐ I set aside time daily for prayer or meditation.
- ☐ I tithe 10% of my income to a church or other non-profit organization.
- ☐ I perform "random acts of kindness" without the expectation of receiving anything in return.
- ☐ I regularly contribute my time to helping others.
- ☐ I am at peace with myself.
- ☐ I am a man/woman of integrity.

_____ Score for Spiritual
(# of boxes checked)

Fun / Pleasure

- ☐ I take at least two vacations per year, which completely refreshes and rejuvenates me.
- ☐ I consistently take weekends and holidays off.
- ☐ I make sure that my days are spent doing what I most want to do
- ☐ I laugh and smile each day.
- ☐ I have a hobby or interest that I enjoy and participate in regularly.
- ☐ I enjoy life, and look forward to each new day.
- ☐ Life is good!

_____ Score for Fun / Pleasure
(# of boxes checked)

Instructions

1. Answer each question. If the statement is *always* true for you, then check the box. If it is only true sometimes, then wait until it is always true before checking the box. If the statement does not apply to you, then either check the box, or replace the statement with a different one that is appropriate for that category.
2. Transfer the totals from each section to the score chart. Add up all the sections, and record your total score.
3. Plot your scores on the Wheel of Excellence, using the center of the Wheel as 0 and the outer edge as 7. Then, connect the dots.
4. As you look at your Wheel of Excellence, what do you notice? How balanced is your life? How are you doing in the areas that are most important to you?
5. What actions will you take *immediately* to create an excellent life?

Scoring key:

- 44-49 Congratulations! You are living a truly excellent life!
- 37-43 Great! Your performance is outstanding!
- 29-36 Very good. Now, take it to the next level!
- 21-28 Average. What can you do *today* to make it better?
- 13-20 Have you hired your coach yet?
- 5-12 Make *excellence* a priority in your life.
- 0-4 Okay, we all need to start somewhere.

Thoughts to move you forward:

Excellence is a state of mind put into action. It provides the fortitude and resolve to reach new horizons and break all barriers.
Jerold Panci

To accomplish great things, we must not only act, but also dream; not only plan but also believe.
Anatole France

We are what we repeatedly do. Excellence then, is not an act, but a habit.
Aristotle

The great thing in this world is not so much where we stand as in what direction we are moving.
Oliver Wendall Holmes

All our dreams can come true--if we have the courage to pursue them.
Walt Disney

The Wheel of Excellence™

Date_____

	Score
Business and Career	_____
Personal Development	_____
Wealth and Finance	_____
Relationships and Family	_____
Health and Fitness	_____
Spiritual	_____
Fun / Pleasure	_____
Total	=====

