

ZIGLAR WHEEL OF LIFE SELF-ASSESSMENT

Read each of the category lists carefully and rate yourself on a scale of 1-10 in each space. Rate yourself with 1 being very poor and 10 being outstanding. For example, under Physical rate your own appearance. Do you look fit and well kept? Do this for all of the categories. Now add up the total of each column and divide that number by 10. This will give you your personal score for that particular spoke on the wheel.

Physical

- ___ appearance
- ___ regular checkup
- ___ energy level
- ___ muscles toned
- ___ regular fitness program
- ___ weight control
- ___ diet & nutrition
- ___ stress control
- ___ endurance & strength
- ___ enough sleep
- ___ **TOTAL ÷ 10 =** _____

Financial

- ___ proper priority
- ___ personal budget
- ___ impulse purchases
- ___ earnings
- ___ living within income
- ___ money in savings
- ___ adequate insurance
- ___ investments
- ___ financial statement
- ___ debt free
- ___ **TOTAL ÷ 10 =** _____

Mental

- ___ attitude
- ___ intelligence
- ___ formal education
- ___ continuing education & training
- ___ creative imagination
- ___ inspirational reading
- ___ inquisitive mind
- ___ self-image
- ___ enthusiasm
- ___ automobile university
- ___ **TOTAL ÷ 10 =** _____

Family

- ___ listening
- ___ good role model
- ___ principled but flexible
- ___ forgiving attitude
- ___ build self-esteem of others
- ___ express love and respect
- ___ meals together
- ___ family relationships
- ___ dealing with disagreements
- ___ time together
- ___ **TOTAL ÷ 10 =** _____

Spiritual

- ___ believe in God
- ___ inner peace
- ___ influence on others
- ___ spouse relationship
- ___ church involvement
- ___ sense of purpose
- ___ attitude for giving donations
- ___ prayer
- ___ Bible study
- ___ abundant gratitude
- ___ **TOTAL ÷ 10 =** _____

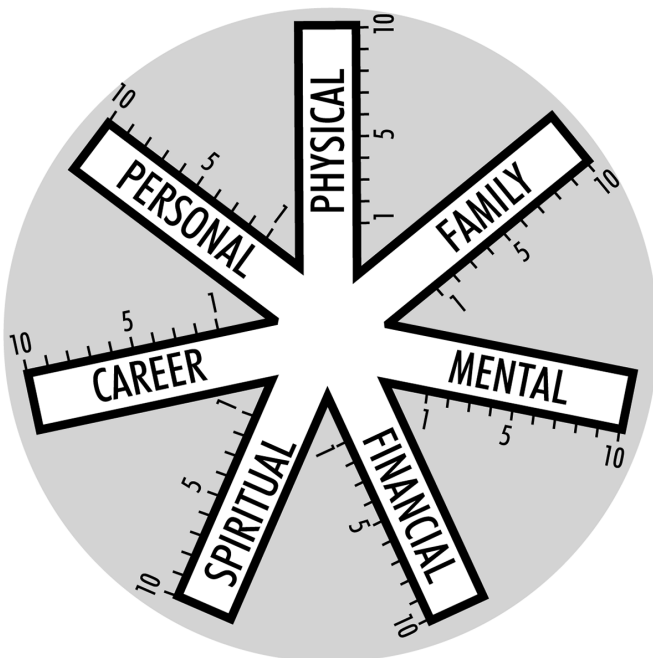
Personal

- ___ recreation
- ___ exercise
- ___ friendships
- ___ community activities
- ___ service clubs
- ___ quiet time
- ___ growth time
- ___ consistent life
- ___ appropriate social media
- ___ time management
- ___ **TOTAL ÷ 10 =** _____

Career

- ___ love what I do
- ___ understand my job
- ___ co-worker relationships
- ___ productivity
- ___ understand company goals
- ___ understand my activity in relationship to my goals
- ___ appreciate company benefits
- ___ opportunity for advancement
- ___ well-trained for my job
- ___ own my business/have career path
- ___ **TOTAL ÷ 10 =** _____

Plot each average on the wheel and then connect the dots to get a picture of YOUR current wheel.



HOW DOES YOUR WHEEL OF LIFE LOOK?

At Ziglar, we are here to help you make YOUR Wheel Of Life FULL and SMOOTH!



1-800-527-0306 Ziglar.com