



## Inquiry Questions

What does it look like?

What does it *feel* like?

What are 3 things I can do less of in order to reach my goal(s)?

What are 3 things I can do more of in order to reach my goal(s)?

How am I complicit in creating conditions, I say I don't want?

What would this journey look like if it were easy?

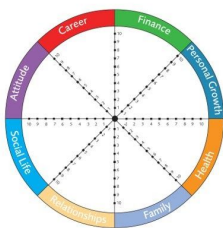
How would the type of person I want to be handle this?

What would I do if it were **impossible** for me to fail?

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**Why?** (It's not what you do but *why* you do it) This will serve as your compass

Do I want it? (Just because you can do something, or have something done, doesn't mean you want it, for example "My housekeeper presses my jeans!" "Well that's great, if you like your jeans pressed".) So whether your buying land or moving states, or getting your jeans ironed, ask yourself if it's what you truly want.



In each of these areas rate 1-10 where you are and where you want to go to

**PERSONAL GROWTH**  
**LOVE & RELATIONSHIPS**  
**MIND & MEANING**  
**WEALTH & LIFESTYLE**

**CAREER & BUSINESS**  
**HEALTH & VITALITY**  
**PRODUCTIVITY & PERFORMANCE**  
**LEADERSHIP & IMPACT**

By recognizing the gap or the blind spots that develop through everyday living we now create an action plan to re-establish desired balance (in a measurable way) experiencing a smoother and more enjoyable ride or experience with our lives. This life-wheel is a birds eye view acting as a snapshot, to keep in your toolbox. Revisit this regularly and reassess your balance.

For more insight and clarity head over to [mindofbliss.com](http://mindofbliss.com) to get your FREE copy of my ebook, complete with thought provoking writing prompts