

flor & order

Holistic Organising Life Audit

Meaningful categories

Shape your satisfaction wheel to represent what is meaningful to you by changing, splitting or renaming any category

Scaling from 0 to 10

At the centre of the wheel is 0. This represents a very low level of satisfaction you have with that category.

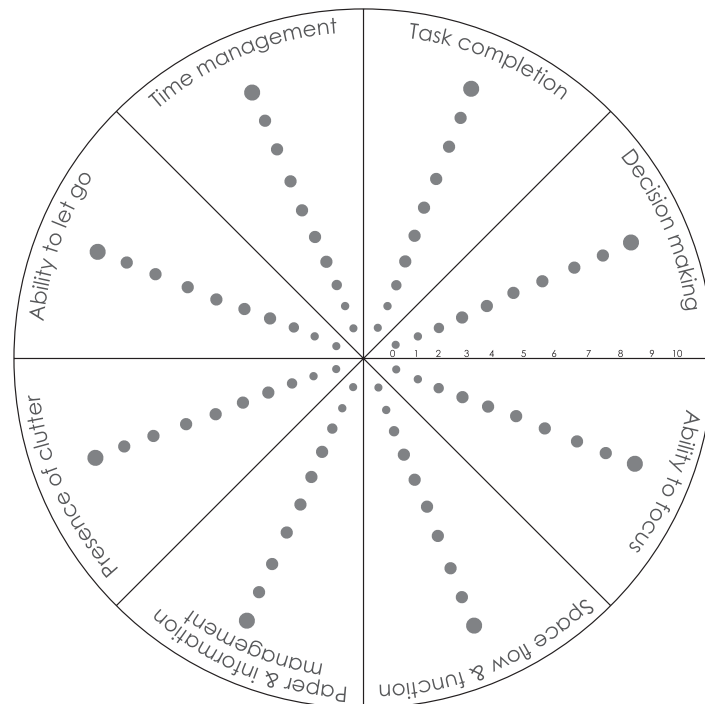
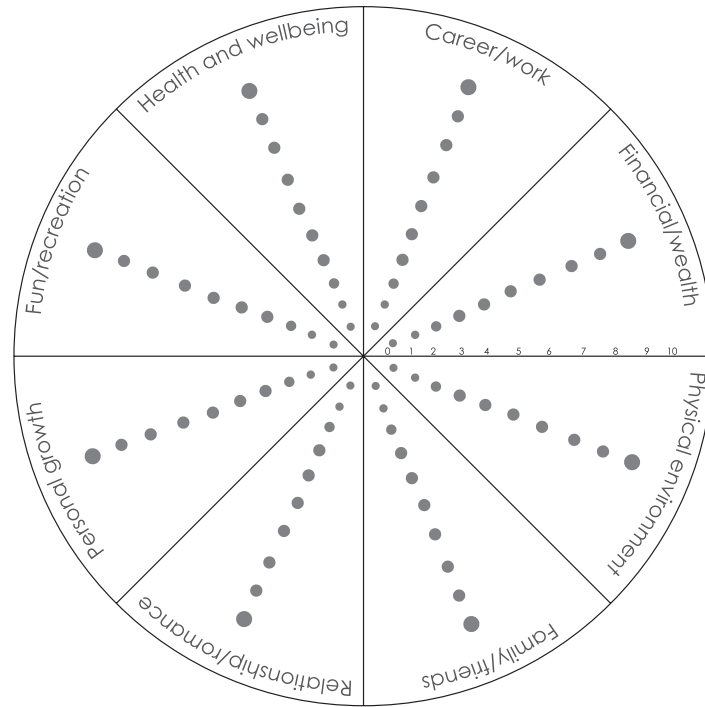
At the outer edge of the wheel is 10. This represents the highest level of satisfaction you have with that category.

Scale your satisfaction and visualise it by filling in each category from 0 to 10

Wheel of Satisfaction

Contemplate the perimeter you have created, this represents your Wheel of Satisfaction. Which categories bring you most satisfaction?

Name _____ Date __/__/__



Health/Wellbeing:

- Eating habits/diet
- Fitness
- Sleep
- Relaxation
- Emotional Health
- Self-care
- Brain awareness & integration

Financial/ Wealth

- Budgeting
- Savings
- Income
- Investment

Family/Friends:

- Relationships
- Quality Time
- Support team
- Community
- Collaboration & delegation

Personal Growth:

- Strengths and challenges
- Values and Needs
- Perspectives & self-talk
- Education
- Modalities
- Awareness
- Connecting
- Spirituality

Organising satisfaction

Top three organising projects

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Career/Work:

- Work hours
- Career direction
- Purpose/meaning
- Performance
- Designing action
- Self-advocacy

Physical environment:

- Home
- Location
- Appearance
- Transport
- Individualised systems & routines

Relationship/Romance

- Partner
- Communication
- Intimacy
- Space
- Sex

Fun/ Recreation:

- Leisure
- Hobbies
- Passions
- Laughter