

Lauren Seiden

EMPOWERED *Living*

Wheel of Life: Future Visioning Chart

	Career	Finances	Intimate Relationships	Family/Friends	Health/Wellness	Environment	Spirituality
10 year vision							
What do you want to feel?							
Have?							
Do?							
Where do you want to be 1 year from now?							
Feel?							
Have?							
Do?							
Gap between 10 and 1 year?							