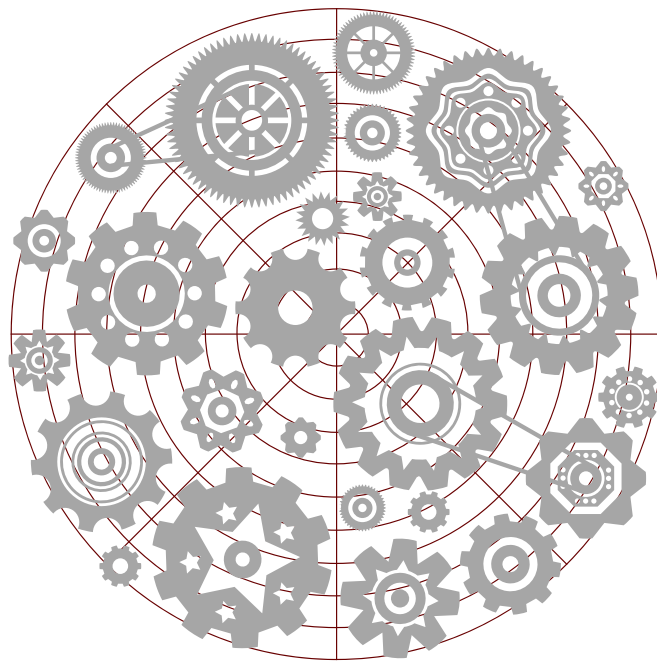


Wheel of Life Workbook



Spiritual

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..*

Total your points on this page and move on to the next section.

- 1** - I am experiencing a deep and profound awareness of God's presence in my marriage.

- 2** - My spouse and I are free to walk with God without any condemnation or guilt.

- 3** - My marriage has a clear and compelling sense of Kingdom purpose.

- 4** - My marriage is regularly exposed to a variety of challenging leaders and teachings.

- 5** - My spouse and I are continually growing together spiritually.

- 6** - My spouse and I equally contribute and take responsibility for the spiritual growth of our marriage.

- 7** - My spouse receives and honors the revelatory knowledge I gain from the Word of God.

- 8** - My spouse and I are both comfortable in our ability to hear and know God's voice.

- 9** - My spouse and I are fully submitted to God's purpose and design as a central focal point of our marriage.

- 10** - My spouse and I both recognize that sex is a sanctified spiritual connection point between us, and is blessed by God.

TOTAL POINTS:_____

Emotional

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..
Total your points on this page and move on to the next section.*

- 1** - I consider my spouse my best friend.
- 2** - I feel free to express my emotions in my marriage without being shut down.
- 3** - My marriage rarely makes me feel stressed and overwhelmed.
- 4** - Others would describe my marriage as a healthy depiction of operating in the fruit of the spirit.
- 5** - My spouse and I are intentional at setting the emotional tone of our daily lives.
- 6** - I feel like my spouse is fully present when we are together and does not struggle to stay connected.
- 7** - My spouse regularly makes me feel like a significant partner in our marriage.
- 8** - My spouse is a safe and stable place to share my thoughts and feelings, both positive and negative.
- 9** - My spouse and I are intentional at introducing a variety of new experiences together.
- 10** - My spouse makes me feel unconditionally loved.

TOTAL POINTS: _____

Intimacy & Connection

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..
Total your points on this page and move on to the next section.*

- 1** - I am enjoying my sexual connection and intimacy with my spouse.

- 2** - My spouse and I regularly set time aside for us to be alone so we can focus on connection and intimacy.

- 3** - I enjoy a deep and mutually empathetic quality of connection, mentally and emotionally, with my spouse.

- 4** - I enjoy a deep connection with my spouse spiritually.

- 5** - I feel my needs for intimacy and connection are fully being met.

- 6** - My spouse and I regularly establish a time to to re-assess and recalibrate the status, goals, and direction of our marriage.

- 7** - I feel free and comfortable expressing my sexual needs and desires with my spouse.

- 8** - I believe my marriage has the potential to overcome past wounds and become everything God designed it to be.

- 9** - Considering where my marriage is today, if I could do it all over, I would choose to be in this marriage.

- 10** - My spouse understands my love language and/or sex language, and intentionally does things to make me feel loved.

TOTAL POINTS: _____

Family & Friends

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..*

Total your points on this page and move on to the next section.

- 1** - We have sufficient and consistent social time set apart to enjoy family and friends.
- 2** - We have close relationships with friends and family that gives us a sense of belonging.
- 3** - We both have close relationships that we can share our dreams and burdens with, without the fear of being misunderstood or rejected.
- 4** - We are fully supported by our friends and family; they 'get' us.
- 5** - We have close relationships where we experience a mutual understanding of each other's goals, needs, and concerns.
- 6** - I have healthy relationships with my spouse's friends and family.
- 7** - My spouse regularly puts me first among their friends and family.
- 8** - I regularly experience the joy of both giving and receiving unconditional love in my relationships with family and friends.
- 9** - My spouse has good boundaries with their family and friends, and does not allow them to have a negative influence over our marriage/
- 10** - I fully trust my spouse to honor me and our marriage in social settings when I am not present.

TOTAL POINTS: _____

Fun & Recreation

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..
Total your points on this page and move on to the next section.*

- 1** - My spouse and I are intentional about setting aside time to balance work and rejuvenation.
- 2** - My spouse and I have routines that ensure rest and renewal in our life.
- 3** - We regularly set time aside that is 'off-limits' to work.
- 4** - My spouse recognizes and encourages my social needs outside of the marriage (girl time/guy time).
- 5** - I feel we have sufficient time off and are mentally free to energize, relax, refresh, and replenish.
- 6** - We are open to experiencing new people, places, and things together.
- 7** - My spouse and I are intentional about having fun together.
- 8** - We both develop and share in mutually enjoyable interests and/or hobbies.
- 9** - I regularly have fun with my spouse.
- 10** - I regularly initiate new and fun experiences with my spouse.

TOTAL POINTS:_____

Environment

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..
Total your points on this page and move on to the next section.*

- 1** - Our home atmosphere is the way I want it. (consider things like clean, dirty, cluttered, organized, etc.)
- 2** - I have spaces in my home that energize me and make me happy.
- 3** - I have spaces in my home that are peaceful,, they help me to feel rested and calm.
- 4** - My space is organized in such a way that I am able to access anything I need when I need it.
- 5** - Our guests feel our environment is warm and inviting, they enjoy being in our home.
- 6** - My home is a sanctuary for our family, a refuge from the chaos of the world.
- 7** - I am intentional about making our environment a happy and healthy place for my spouse.
- 8** - I enjoy spending time in my home
- 9** - My spouse and I both invest our time, energy, and finances on our environment to improve and maintain it
- 10** - I value my environment as a reflection of our marriage.

TOTAL POINTS:_____

Personal Growth

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..*

Total your points on this page and move on to the next section.

- 1** - We have specific goals, related to the personal growth and development of or marriage.
- 2** - We have a plan and strategy for achieving these goals.
- 3** - We have shared our goals with each other, and have created accountability for the progression towards them.
- 4** - I am growing emotionally as an individual, becoming the person and spouse I want to be.
- 5** - I seek feedback regularly from my spouse about areas in which I could improve and grow.
- 6** - We have a bucket list of interests we intentionally set out to read about and/or experience.
- 7** - I am continually working to develop mastery over the mountain of 'me'
- 8** - I regularly take courses, read books, listen to messages, or attend events that challenge me to grow.
- 9** - I am growing in my understanding of myself and my spouse.
- 10** - I know how to ask for help and seek feedback regarding my personal growth.

TOTAL POINTS: _____

Health

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..
Total your points on this page and move on to the next section.*

1 - I regularly have the energy and physical vitality I need to deliver in my marriage, my passions, and my life purpose.

2 - We both have specific health and fitness goals for my current and future stages of life

3 - I am completely happy with my weight and physical appearance.

4 - I am mindful of nutrition and have a strategy for what and how much I should eat.

5 - I regularly get sufficient sleep, and keep a consistent bedtime schedule.

6 - My spouse and I are on the same page about fitness, nutrition, and appearance goals

7 - I am happy about how my spouse cares for their health and appearance

8 - Others see a reflection of good health, physically, emotionally, and spiritually from our marriage.

9 - I keep myself up to date on healthy living practices.

10 - My spouse supports and encourages me in pursuing a healthy lifestyle.

TOTAL POINTS: _____

Career

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..*

Total your points on this page and move on to the next section.

(If you are a Stay-At-Home Mom - That IS your current career)

- 1** - I love my current career.
- 2** - I am rewarded well, financially or otherwise, to do what I do best.
- 3** - I am doing what employs my natural gifts, talents, and abilities most of the time.
- 4** - I feel like what I do has personal meaning.
- 5** - If I could do it all over again, I would choose my current career path.
- 6** - Meeting my career goals and responsibilities does not negatively impact other areas of my life.
- 7** - My spouse fully supports my career choices and goals.
- 8** - I have a 5-10 year career plan mapped out
- 9** - I regularly invest in myself, within my chosen industry, so I can be the best in my field.
- 10** - I would consider myself successful at what I do, in the position I hold.

TOTAL POINTS:_____

Finances

*Please answer each question, separately from your spouse's input,
and give yourself 1 point for every TRUE answer..
Total your points on this page and move on to the next section.*

- 1** - We are making enough money to support the lifestyle we desire.
- 2** - I feel confident over the future of our finances.
- 3** - We regularly review and discuss household finances without arguments or tension.
- 4** - We have a household budget and debt elimination plan.
- 5** - We follow a budget and live within our means.
- 6** - We have goals and a strategy for retirement and wealth accumulation.
- 7** - We have built at least a 3 month crisis savings fund in case of an emergency.
- 8** - We regularly give to kingdom purposes we feel passionate about.
- 9** - My spouse has the knowledge, ability, and access to all financial records and accounts.
- 10** - If something happened to me today my spouse and dependent children would be okay financially.

TOTAL POINTS: _____

The Wheel

Color in each section, according to the coinciding points in each category.
How balanced is your wheel? Where does it need life & air blown into it?

