

# YOU ARE AN EMPOWERED WOMAN

## MODULE 2: LESSON 1

### Wheel of Mastery

Your first task is to rate yourself on the Wheel of Life. Where do you rank yourself in each area. Once you have that done, we are going to take a look at each section and jot down some action items. Please remember that these are not to be done all at once but to be added to our list of micro goals gradually.

This also gives us a benchmark of where we are and what areas might be holding us back from living that life we want.

Where do you rank for Physical Health?

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What are some actions you can take to improve?

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Where do you rank for Emotions and Meaning?

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What are some actions you can take to improve?

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MODULE 2: LESSON 1

**Wheel of Mastery**

Where do you rank for Relationships?

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What are some actions you can take to improve?

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Where do you rank for Time?

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What are some actions you can take to improve?

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Where do you rank for Work/Career/Mission?

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What are some actions you can take to improve?

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