

PROGRESS WHEELS

What is it?

A progress wheel is a type of visual feedback system. By filling one out every month or so, it can help you gain perspective on your personal growth progress by letting you see the areas you may be struggling in. This gives you the chance to change your approach and refocus your attention on the primary problem areas. It also lets you step back and celebrate your successes by seeing how far you've come.

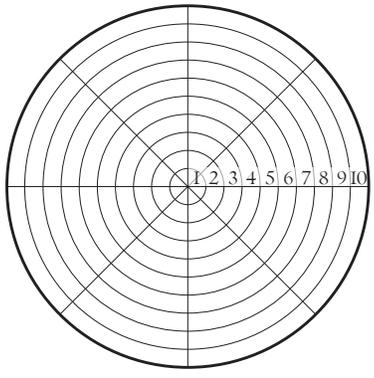
How to use one?

The circle is divided into 10 rings and sliced into 8 pieces. Each piece has a number above it. Use the number to assign a goal to that slice of the progress wheel. Choose a theme for your progress wheel. Such as; physical fitness, diet, learning a language, starting your business, writing a book, training your dog, etc. Print several sheets for several themes if you want, or use one sheet for a very general set of goals; like, mental health, physical health, spiritual health, financial, romantic, etc. After you have 8 goals written down, use the scorecard to color in the rings of your goals. Hang it up after you finish so that you can keep those goals in the forefront of your mind throughout each day. After a month or so, redo the scorecard assessment on a new progress wheel with the same goals copied on it. Compare this to the first one to see where you have or have not progressed. Maybe you even lost ground on some of your goals. Use the notes area to jot down some ideas on what you might do differently in order to reach the goals you are struggling with the most.

To get started, cut out this scorecard and print out a blank progress wheel chart. Have fun filling it out, learn to enjoy the process and you will be reaching your goals in no time.

 SCORECARD 

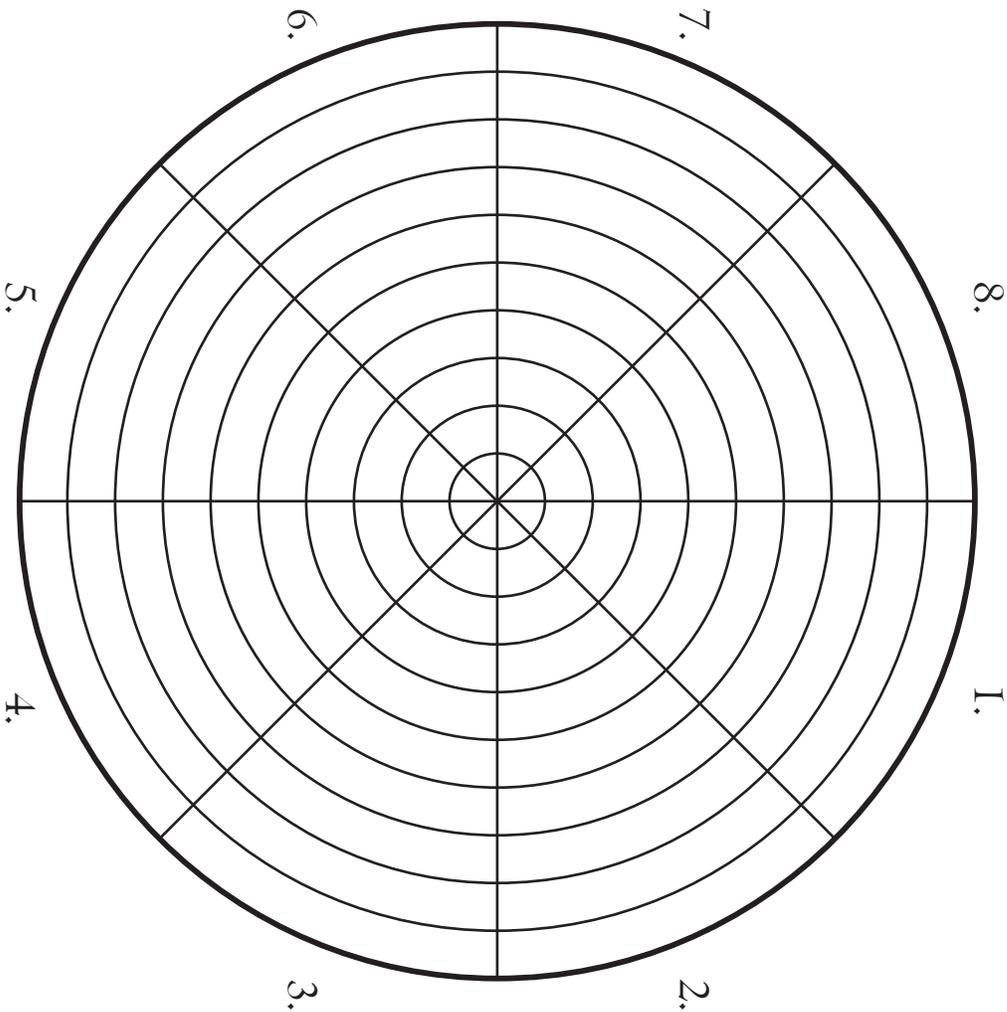
0 Rings - Unexplored (haven't started yet)
1 Ring - Novice (you're a beginner)
2 Rings - Practiced (you've been working at it)
3 Rings - Mediocre (you're okay)
4 Rings - Focused (you've put some effort in)
5 Rings - Fair (you're good)
6 Rings - Diligent (you're trying very hard)
7 Rings - Competent (you're very good)
8 Rings - Talented (Your hard work has paid off)
9 Rings - Exceptional (you're an expert)
10 Rings - Masterful (This is who you are)



* Use this card to gauge how many rings you should color in for each of your goals. The number of rings you color is based on where you are at right now. It is best to not spend too much time thinking about each one, go with what 'feels' right.

(Cut Along Outline & Laminate Card)

PROGRESS WHEEL



THEME: _____

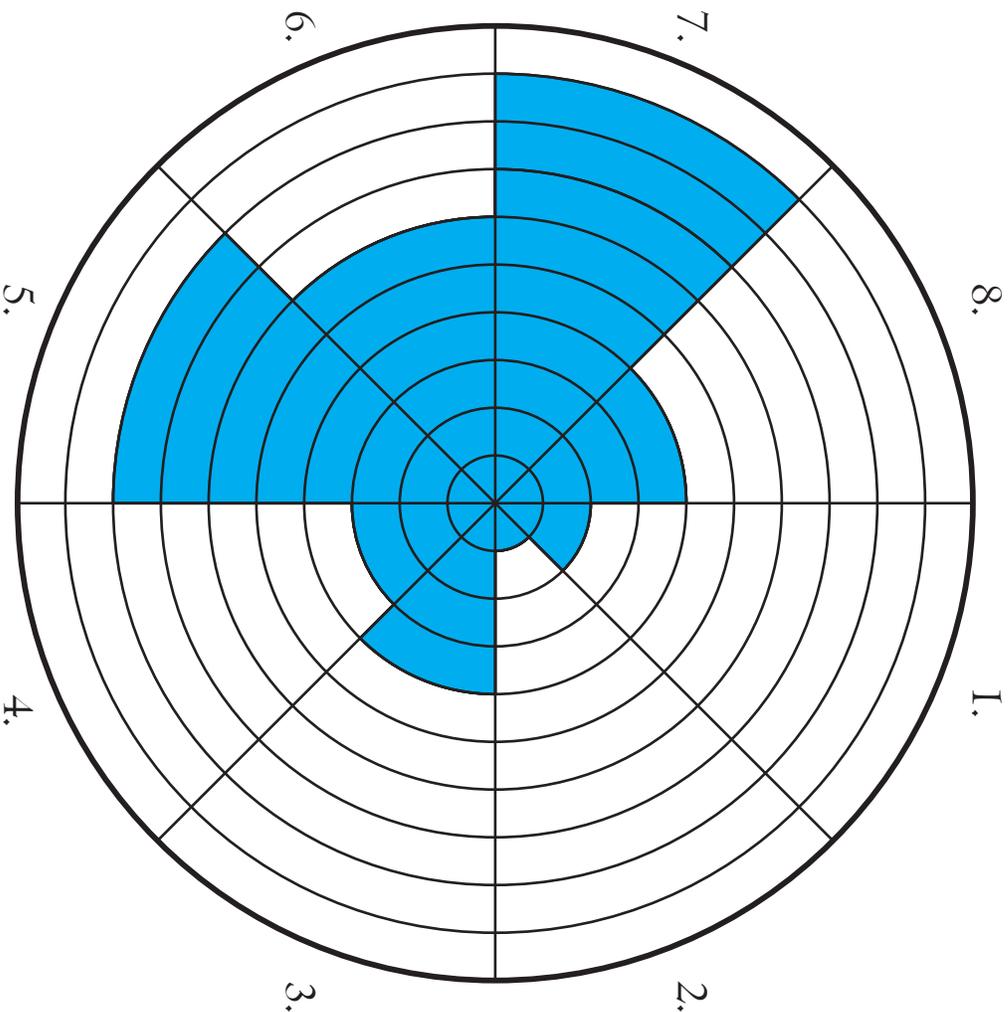
DATE: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

NOTES: _____

PROGRESS WHEEL

(EXAMPLE)



THEME: Nutritional Goals

DATE: 5/26/2020

1. Eliminate all refined sugars
2. Eliminate all processed foods
3. Eat at least 1 serving of fruit a day
4. Eat at least 2 vegetable servings a day
5. Allowed only 1 binge day a week
6. Intermittent fasting 16/8 ratio
7. Take supplements everyday
8. Drink a gallon of water a day

NOTES: Based on the last wheel I have improved in 5 and 7 the most, but stayed the same in 1 and 2. I have decided to start looking up some healthy recipes for more options besides sugary processed foods.