BEFORE YOU BEGIN

The Shift *Wheel*

When we feel stuck, overwhelmed or stressed, it can become all-encompassing. A few difficult or depleted parts of our lives can make it feel as though everything is off.

The Shift Wheel is a simple way to zoom out and see the pieces more clearly: What is working? What is nourishing us? What feels depleted or out of alignment? And where might we have more agency than we realize?

Sometimes, simply seeing our lives this way can change how they feel. It reminds us that there are things to celebrate, even when other things are hard. And it can make change feel more manageable: we don't have to fix our whole lives. We can begin with one area that is asking for our attention.

Use it as a check-in, not a report card.

Where is life feeling full and alive?

Where are you running on empty?

Where is there a gap between how things are and how you want them to feel?

Where might even a small shift make a meaningful difference?

Return to The Shift Wheel whenever you need to zoom out, take stock and ask yourself:

What is asking for my attention now?



The Shift *Wheel*

A practical self-assessment for seeing where your life feels healthy, aligned, and deeply fulfilling, and where it may be asking for attention.

SCORE 1–10 MARK HONESTLY NOTICE PATTERNS

Emotion

How healthy is your emotional life?

Consider your resilience, confidence, emotional regulation, stress levels, self-compassion, and whether you're moving through life from fear or possibility.

1 2 3 4 5 6 7 8 9 10

Body

How healthy is your relationship with your body?

Consider your health, hormones, sleep, energy, strength, movement, nourishment, and whether you feel vibrant in your own skin.

1 2 3 4 5 6 7 8 9 10

Work

How healthy is your relationship with your work?

Consider your career, ambition, growth, purpose, leadership, and whether your work reflects the woman you are today.

1 2 3 4 5 6 7 8 9 10

Money

How healthy is your relationship with money?

Consider your financial security, earning, spending, saving, investing, confidence, and whether money gives you freedom or drains your peace.

1 2 3 4 5 6 7 8 9 10

Connection

How healthy are your relationships?

Consider your partner, family, friendships, community, intimacy, and whether you feel genuinely supported, seen, and connected.

1 2 3 4 5 6 7 8 9 10

Mind

How healthy is your intellectual life?

Consider your curiosity, creativity, learning, new experiences, and whether you're continuing to challenge and expand the way you think.

1 2 3 4 5 6 7 8 9 10

Technology

How healthy is your relationship with technology?

Consider your phone, social media, AI, email, and digital tools. Do they leave you depleted or more informed, creative, connected, and capable?

1 2 3 4 5 6 7 8 9 10

Impact

How connected are you to making a difference?

Consider your leadership, contribution, advocacy, service, mentoring, citizenship, and whether you're using your voice in ways that matter.

1 2 3 4 5 6 7 8 9 10

Spirit

How connected are you to what makes you feel fully alive?

Consider meaning, joy, wonder, adventure, gratitude, and whether you've made space for experiences that nourish your soul.

1 2 3 4 5 6 7 8 9 10