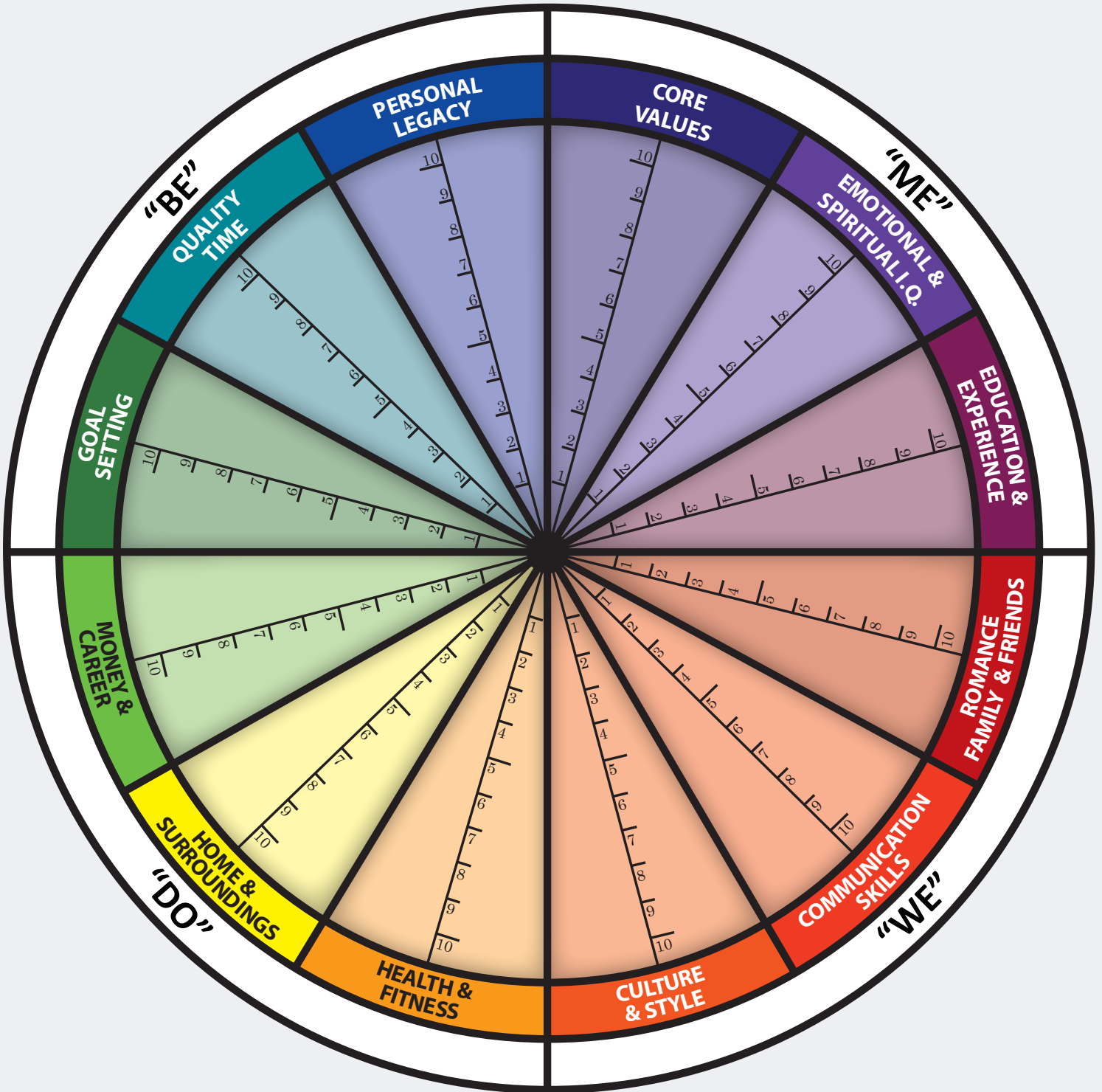


LIFE ASSESSMENT WHEEL



Research shows that "success" is actually achieved through focus and balance in 12 key areas. Measurable self-improvement is made through these three steps: ❶ Rate yourself 1-10 in each life area. Be honest. Connect each point to draw a circle and note how "bumpy" or "smooth and balanced" your life circle is. ❷ Use the Core IQ training resources to improve on your low-scoring areas. ❸ Rate yourself again in 30 to 60 days, and note your improvements! ©2019 Core IQ. All rights reserved.