

# The Wheel of Life Self Assessment

The first step toward change is  
**awareness.** The second step is  
**acceptance.**

Nathaniel Branden

*Aarya Strategies*

Transform, Thrive and Transcend

YOU ARE GOOD ENOUGH, WORTHY AND ENOUGH!

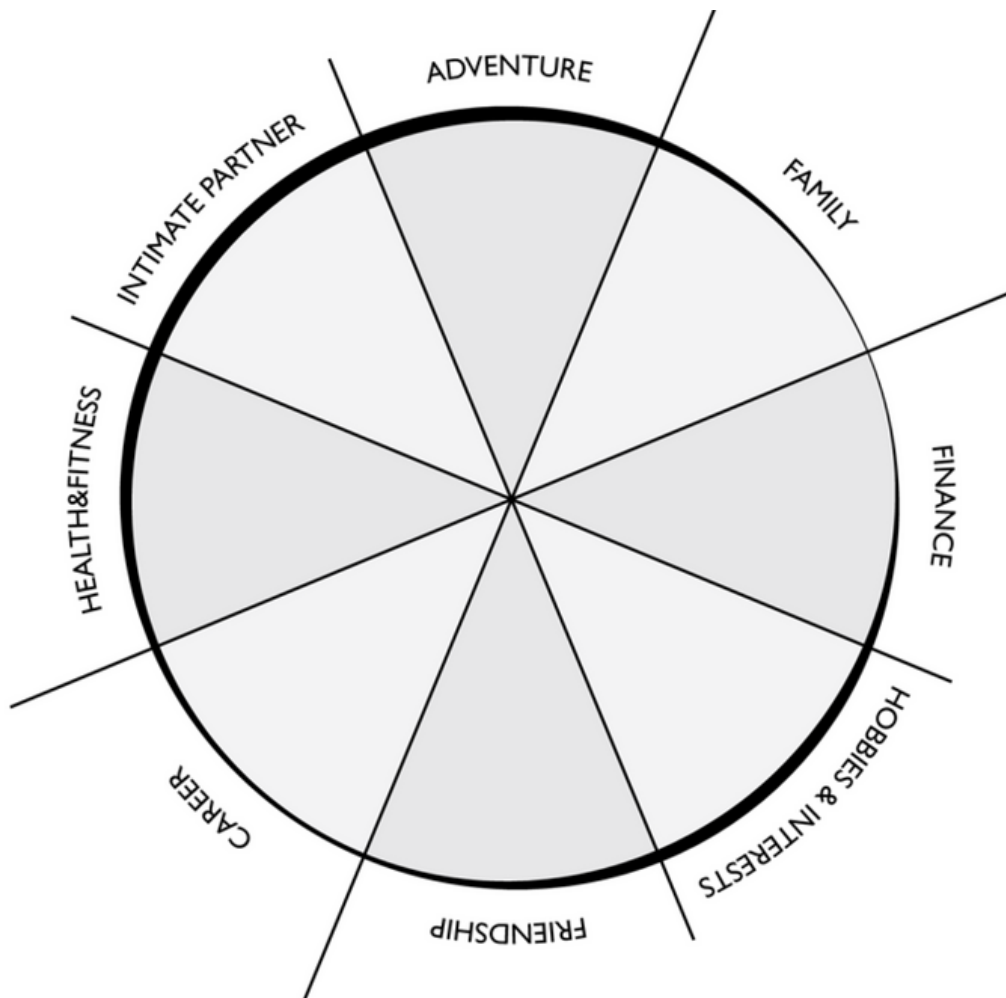
## WHEEL OF LIFE

Our ability to create outcomes we want relies on our truthful and honest assessment of where we are at in our life.

If the centre point was zero, and the outer edge was 10 out of 10 – zero being there is no success in this area, and no signs of progress, and 10 being ‘it couldn’t be better’ – you can then assess where you’re at with your own life.

**If you focus on results, you will never change. If you focus on change, you will get results.**

-Jack Dixon



*Source: Wheel of Life Template; The Coaching Institute*

YOU ARE GOOD ENOUGH, WORTHY AND ENOUGH!

## WHEEL OF LIFE

**How do you feel about your life as you look at your Wheel?**

**Are there any surprises for you?**

**In which areas are you totally rocking?**

**In which areas you are not where you would like to be?**

**Is there something missing from this wheel of life which you would like add? How would you rate your life?**

**Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.**

**- Barack Obama**

YOU ARE GOOD ENOUGH, WORTHY AND ENOUGH!

## WHEEL OF LIFE

**Are there any surprises for you?**

**How would you feel if you rocked all the areas of life?**

**Notes:**

# MEET YOUR COACH

Like many, my journey began in Australia with boundless ambitions. While engineering and project management laid the foundation for my career, I couldn't shake the feeling that something was missing – a deeper connection between my work and my spirit.

For years, I believed that suppressing my emotions was a sign of strength. But as the weight of unexpressed feelings grew heavier, I found myself trapped in a cycle of stress, anxiety, and overwhelm. It wasn't until I hit rock bottom – grappling with burnout, overwhelm, and distress – that I realized the true cost of neglecting my emotional well-being.

In that moment of reckoning, I discovered a profound truth: emotions need to be acknowledged, processed, and expressed. It was a turning point in my life, leading me to embrace emotional fitness as the key to unlocking my true potential.

Today, I'm here to guide you on your own journey of self-discovery and empowerment. Through active listening and compassionate support, I'll help you break free from limiting beliefs and reveal the incredible potential that lies within you.

If you're seeking more fulfillment and purpose in your vocation, I invite you to a complimentary career clarity session. Together, let's illuminate your path to purpose and create a life and work infused with passion.



## **Ritu Hinduja**

**Aarya Strategies Founder**

International Coach

3 Years Coaching Experience

Meta, Neurotransformation Therapy, Time Line  
Therapy – Certified

175 + Hours Coaching

Master of Engineering Management from UTS

Bachelor of Engineering – Elec and Telecom

15+ years of Project, Contracts and Program  
Management

**When growth is not an option,  
it's your only priority**

**Book Now**

**You FREE Complementary Session**

# Aarya Strategies

Transform, Thrive and Transcend

My mission is to help 1000 migrants, leaders and businesses grow and thrive in the next five years.

***Are you one of them?***



+61 (0) 423 456 160



aaryastrategies@gmail.com



<https://www.facebook.com/ritu.vaswani>



<https://www.instagram.com/rituhindujacoaching/>



<https://www.linkedin.com/company/aaryastrategies/>



<https://aaryastrategies.systeme.io/homepage>