

# LIFE

## Harmony Wheel

CREATED BY

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FIRE & FLOW LEADERS



Hi I'm Asmâa!

Thank you for downloading your own copy of the **Life Harmony Wheel**. This tool will help you self-assess where you are in your life and guide you to start taking inspired actions to create more harmony in your future!

If you want to unlock this tool further, join me inside the [Fire and Flow Leaders Community](#) and learn about upcoming live events. In the meantime, connect with me and share your colourful wheel by tagging me on your Instagram posts [@leadwithasmaa](#).

*Asmâa Methgal*

Founder & Business Leadership Growth Consultant  
**Fire & Flow Academy**

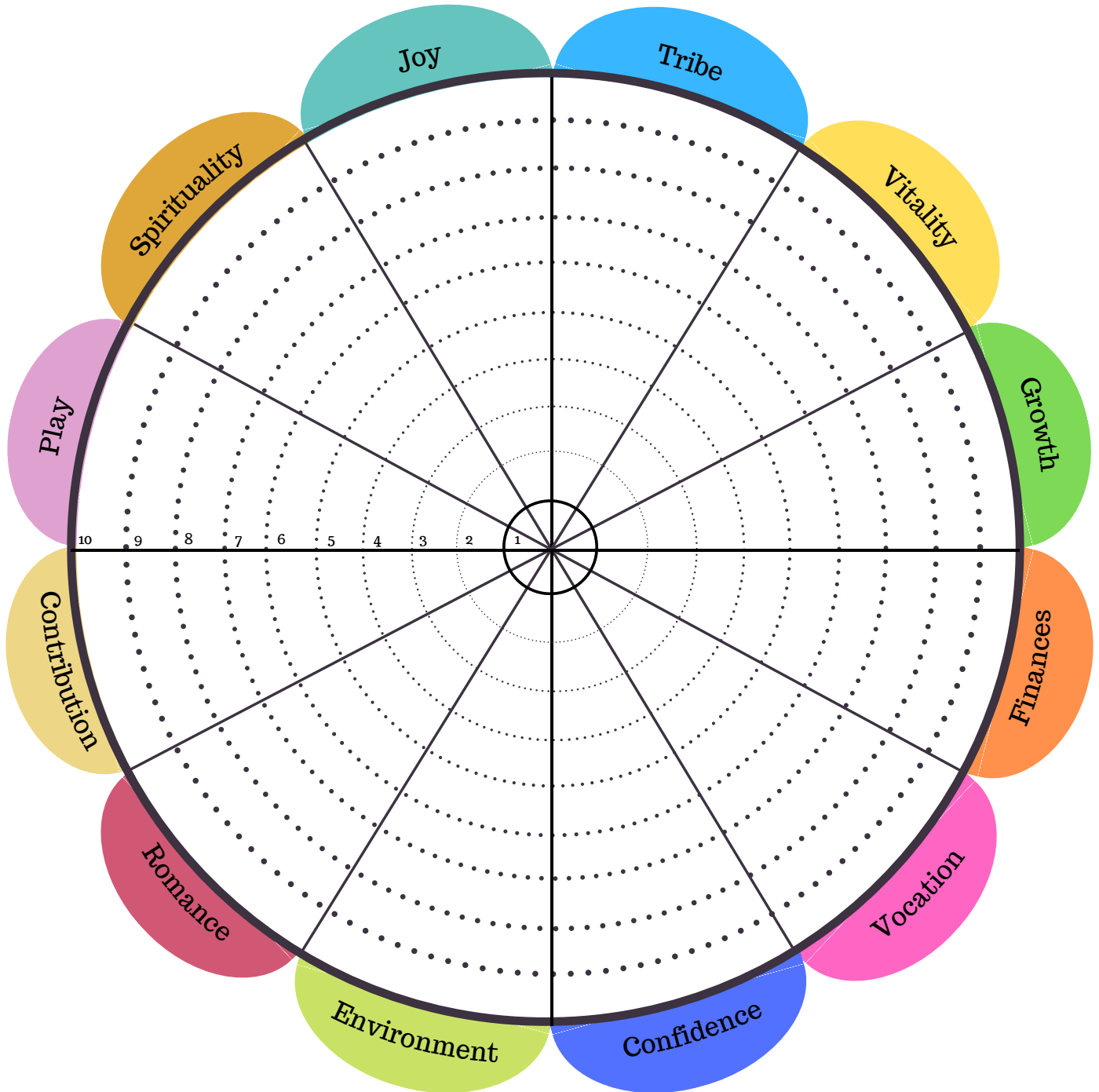


# LIFE HARMONY WHEEL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

This Wheel represents 12 areas of your life. Rank your level of satisfaction in each category knowing that the center of the wheel is 1 (lowest) and the outer edge is 10 (highest),



# LIFE HARMONY WHEEL

**Tribe**

**Vitality**

**Growth**

**Finances**



# LIFE HARMONY WHEEL

**Vocation**

**Confidence**

**Environment**

**Romance**



# LIFE HARMONY WHEEL

**Contribution**

**Play**

**Spirituality**

**Joy**



# LIFE HARMONY WHEEL

Write, sketch or draw your thoughts below.





# Create & Activate Your Ideal Life

*With Asmaa*

**SAVE YOUR SPOT**



*The questions asked in the Wheel of Life are brilliant and led me right into inner spaces of truth and reconciliation within myself. Having a "snapshot" of my current life is incredibly helpful. The whole experience was colorful, playful, and filled with love!*

**Iris K.**  
United States

*This experience is transformational. The questions are profound and thought-provoking as they help me redefine the way I look at my life and shift my perception of what my ideal future would look like. I attended this event four times already. I highly recommend it to anyone.*

**Brianna G.**  
United States



*This deep dive session helped me focus on my most important dreams. The first activity is better than any other wheel of life I have ever done. It was really powerful for me!*

**Josh E.**  
United States



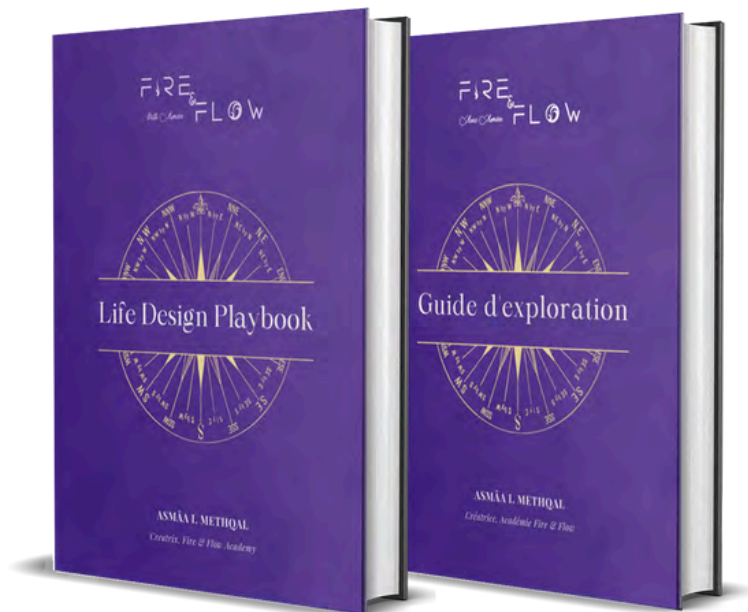
# TAKE THE NEXT STEP

You can purchase your copy of [the Life Design Playbook](#) for more guidance on filling out your Life Harmony Wheel with proven appreciative questions and accessing other practical activities of our popular life design series.

The Life Design Playbook will help you:

- Identify areas of self-neglect and progress in every aspect of your life;
- Discover your superpowers and create an aligned vision for your future;
- Gain clarity and recognize your most profound desires;
- Cultivate a deeper sense of inner connection and self-compassion;
- Increase your confidence and resilience;
- Take action and achieve your goals.

It is available in French and English.



**ORDER NOW**





# FIRE & FLOW LEADERS

