



STREETWISE™

THE RESET WHEEL

When one area is out of line, everything feels it.

LOOK AT THESE QUESTIONS TO HELP YOU SCORE THE WHEEL. ACCEPT THE NUMBERS AS THEY ARE.

HEALTH & WELLBEING

IF SOMEONE WATCHED MY LAST 7 DAYS, WOULD THEY SAY I TREAT MY BODY LIKE AN ASSET?

AM I FUELLING AND MOVING IN A WAY THAT SUPPORTS PERFORMANCE OR COPING?

WHERE AM I IGNORING SMALL SIGNALS (ENERGY, GUT, CRAVINGS, INFLAMMATION) THAT WILL BECOME PROBLEMS LATER?

FUN & LAUGHTER

WHEN WAS THE LAST TIME I LIVED IN THE MOMENT AND JUST LAUGHED?

DOES MY LIFE CURRENTLY HAVE MOMENTS OF LIGHTNESS, OR IS IT ALL RESPONSIBILITY?

AM I ALLOWING MYSELF TO ENJOY LIFE AS IT IS, OR POSTPONING IT FOR "LATER"?

SLEEP & RECOVERY

DO I WAKE UP RESTORED MOST DAYS, OR AM I RUNNING ON STIMULATION AND WILLPOWER?

AM I GIVING MYSELF ENOUGH TIME TO PROPERLY SWITCH OFF?

AM I GOING TO BED AND WAKING UP AT SET TIMES?

FAMILY & RELATIONSHIPS

ARE MY CLOSEST RELATIONSHIPS SAFE, STEADY, AND RECIPROCAL OR INCONSISTENT AND DRAINING?

DO I COMMUNICATE DIRECTLY & CLEARLY, OR DO I AVOID TRUTH AND CALL IT "PEACE"?

DO I FEEL SEEN, SUPPORTED, AND VALUED. DO I OFFER THAT IN RETURN?

MENTAL & EMOTIONAL CLARITY

IS MY MIND CLEAR, FOCUSED, AND CALM OR REACTIVE, CHAOTIC, AND FOGGY?

DO I REGULATE MY EMOTIONS, OR OUTSOURCE MY MOOD TO PEOPLE, PHONES, OR HABITS?

WHAT AM I TOLERATING THAT I KNOW ISN'T RIGHT?

HOME & ENVIRONMENT

DO MY ENVIRONMENTS BRING ME PEACE, GROWTH AND RAISE MY STANDARDS?

DO THE PEOPLE AROUND ME SHARPEN ME OR SOFTEN ME?

DOES MY SPACE SUPPORT WHO I'M BECOMING?

MONEY & WEALTH

DO I KNOW MY REAL NUMBERS RIGHT NOW OR AM I AVOIDING THEM?

IS THE WAY I EARN & DEPLOY MONEY BUILDING OWNERSHIP AND FREEDOM, OR JUST MAINTAINING MY LIFESTYLE?

WHAT MONEY BEHAVIOUR AM I REPEATING THAT KEEPS ME UNDER PRESSURE (SPENDING, DELAYING, CHASING, RESCUING)?

LEARNING & GROWTH

WHAT AM I DELIBERATELY IMPROVING RIGHT NOW, NOT CONSUMING, IMPROVING?

WHERE AM I CHOOSING COMFORT OVER GROWTH?

DO I FEEL CURIOUS AND STRETCHED, OR A BIT STUCK?

WORK & CAREER

AM I BUILDING SOMETHING THAT FEELS LIKE MINE?

AM I WORKING TO FUND MY FREEDOM OR TRAPPED IN A CYCLE THAT OWNS MY TIME?

DO I FEEL FULFILLED, DRIVEN AND CHALLENGED, OR JUST GETTING BY?

ADVENTURE & HOBBIES

WHEN WAS THE LAST TIME I DID SOMETHING NEW AND FELT FREE, SPONTANEOUS, OR INSPIRED?

WHAT HOBBY OR ADVENTURE HAVE I BEEN POSTPONING THAT WOULD CHANGE MY ENERGY?

AM I MAKING TIME FOR INTERESTS OUTSIDE OF WORK?

CONTRIBUTION & PURPOSE

DO I HELP OTHERS IN A WAY THAT MATTERS AND FEEL CONNECTED TO SOMETHING BIGGER THAN MYSELF.

AM I USING MY STRENGTHS IN A WAY THAT MATTERS, OR JUST STAYING BUSY?

IF I KEEP LIVING LIKE THIS FOR A YEAR, WILL I RESPECT THE PERSON I BECOME?

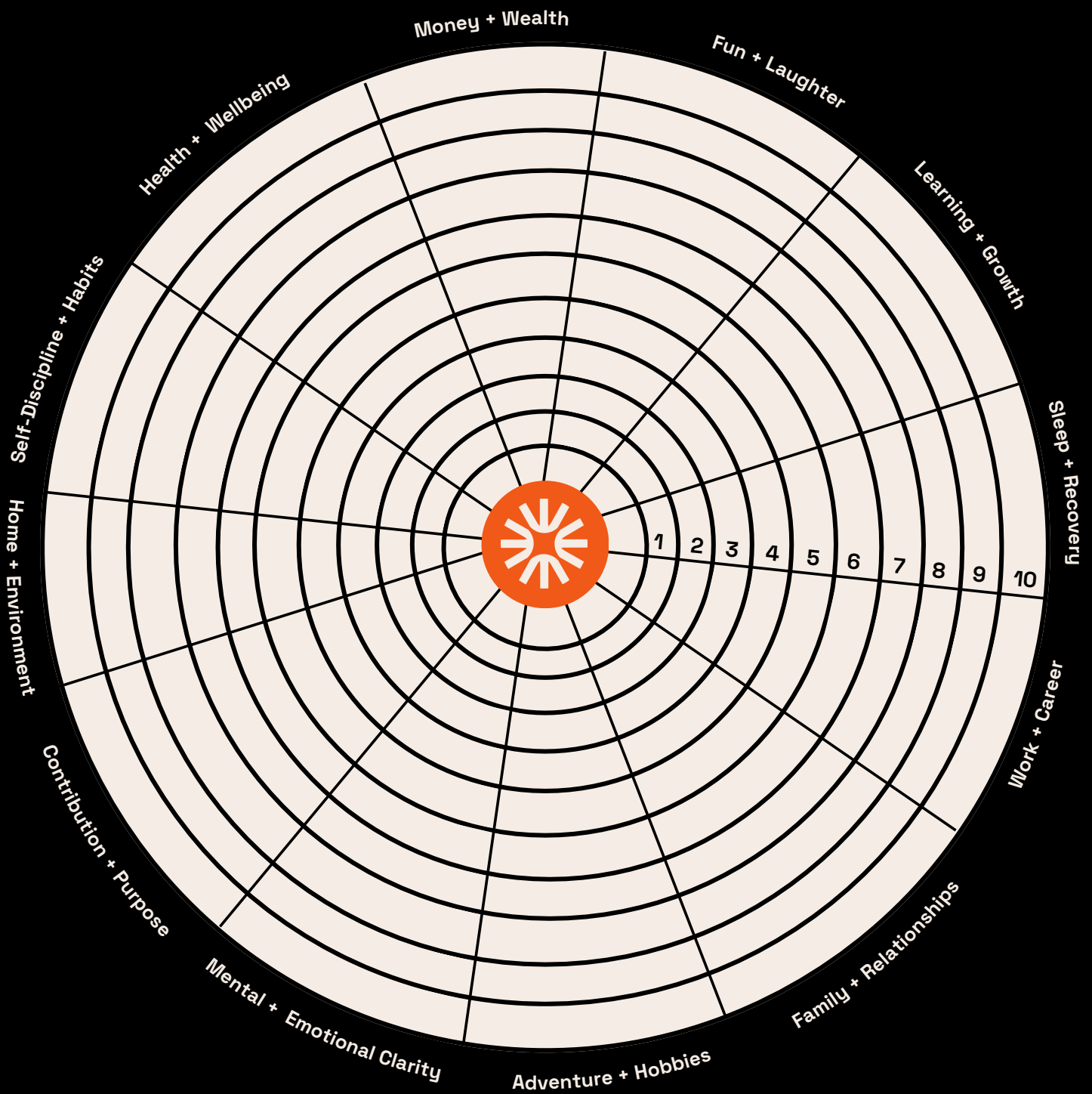
SELF-DISCIPLINE & HABITS

DO I KEEP PROMISES TO MYSELF, EVEN SMALL ONES OR RENEGOTIATE DAILY?

DO MY ROUTINES MATCH THE LIFE I SAY I WANT?

WHEN I FALL OFF, DO I SELF-CORRECT QUICKLY OR SPIRAL INTO EXCUSES AND DELAY?

THE RESET WHEEL



RATE HOW YOU'RE CURRENTLY OPERATING IN EACH AREA (1-10).

Join the lines to reveal where alignment holds and where it's costing you.

Revisit this quarterly.