

TARIQ JUNEJA'S

Quest Wheel

A Self-Led Guide to Identifying and Building
a Balanced Life to Support Your Goals



TARIQ JUNEJA QUEST COACH



Dear Friend

My hope in providing this guide is that you will be able to use these tools to begin your own personal quest for meaning and success in your life, however you define that.

The Quest Wheel exercise will help you to consider and understand where you are right now. The checklist will help you understand what's uniquely important to you. The 30 Day Check-In will help you to see your progress and note where you need to focus in order to bring more balance to your life.

If you would like to embark on a quest to explore your life journey or deliver wellness for your corporate team with the help of a dedicated professional focused on helping you to set and achieve meaningful goals, please do get in touch.

Many thanks,

Tariq

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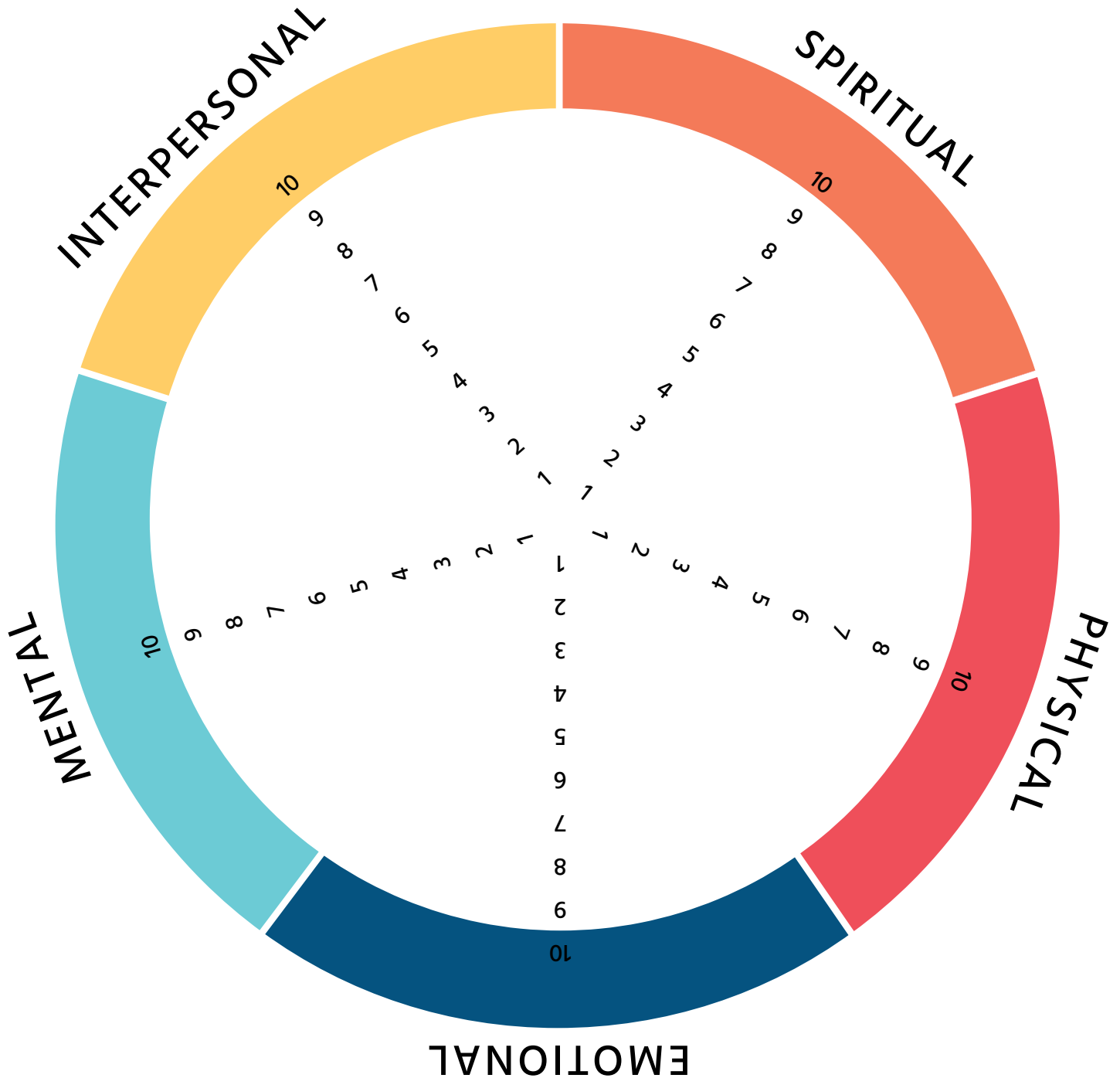
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every quest begins **WHERE YOU ARE**

Spend some time contemplating these areas of your life and how satisfied you are in each one, with 1 very unhappy and 10 overjoyed.



every quest is **PERSONAL**

Spokes on the wheel may mean different things to you than to others. Take time to think about where you are now in each of these areas.

MENTAL

On a scale of 1 to 10 with ten being completely stress-free, where would you put yourself in terms of balancing **home, career, financial and life demands?**

PHYSICAL

On a scale of 1 to 10 with ten being your peak physical aspiration, where would you put yourself in terms of your **health, vitality and fitness?**

INTERPERSONAL

On a scale of 1 to 10 with ten being the best you can imagine, how would you rate your relationships and communication with **friends, family and partners?**

EMOTIONAL

On a scale of 1 to 10 with ten being complete contentment, where would you place yourself in terms of emotional **awareness, connection and overall happiness?**

SPIRITUAL

On a scale of 1 to 10 with ten being a state of complete well being, how would you rate your sense of peace and connection with **God or the Universe and your place in it?**

"A champion is defined not by their wins but by how they can recover when they fall."

SERENA WILLIAMS

PERSONAL GOALS

This exercise may surface for you some long-forgotten or put off goals, or inspire you to adopt some new ones. Feel free to note down any specifics here so you can add working on these goals to your daily routine.

today is **THE DAY**

Organize your tasks and schedule and check in daily on your progress towards nurturing each spoke of your personal wheel.

DATE

[Blank input field for date]

TASKS

[Large area with horizontal dashed lines for listing tasks]

SCHEDULE

[Area for scheduling with vertical dashed lines for time slots]

NOTES:

[Large area for notes]

MENTAL

[Blank input field for mental aspects]

EMOTIONAL

[Blank input field for emotional aspects]

SPIRITUAL

[Blank input field for spiritual aspects]

PHYSICAL

[Blank input field for physical aspects]

INTERPERSONAL

[Blank input field for interpersonal aspects]

PERSONAL GOALS

[Blank input field for personal goals]

check in monthly on **YOUR PROGRESS**

Invest regular time into nurturing each spoke of your wheel over the course of each month, and analyze monthly to see where focus is needed.

