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Mastermind 1

Preparation Form

1. What is the ULTIMATE question for my Mastermind Hot Seat ?

2. Why is this important NOW?

3. What is my desired outcome of my hot seat?

4. What have I already tried, or where did I get stuck?

5. Share 1-3 successes or insights of the last weeks⁰

- a.
- b.
- c.

6. Which actions did I take the last weeks?

- a.
- b.

7. What are my new goals for the upcoming weeks?

- a.
- b.

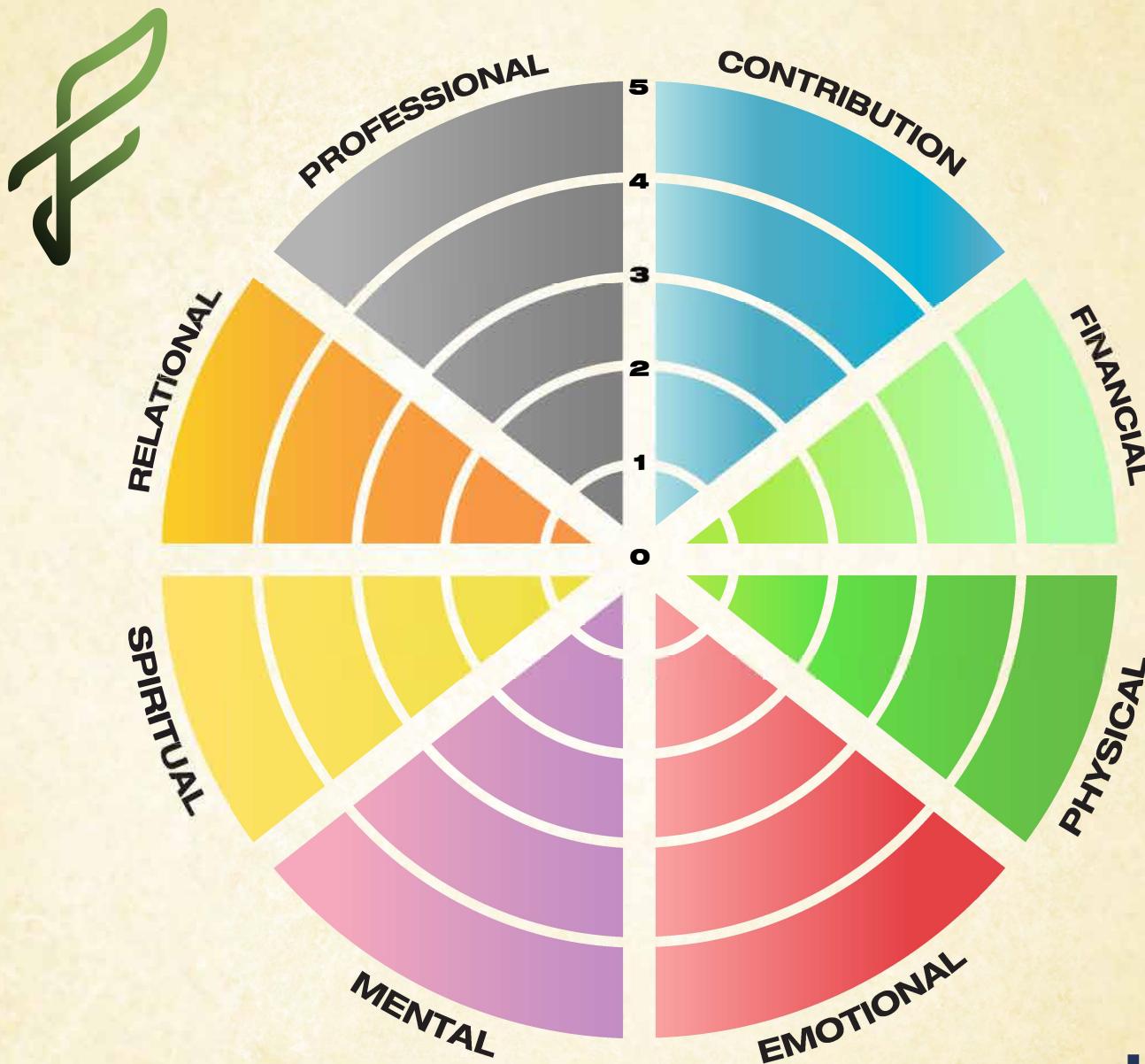
8. Tracking your progress – **Wellness Wheel**

Give each category of your life a rating between 1-10. This helps to see which area's of your life require attention

| | | | |
|-----------|--|--------------|--|
| Physical | | Relational | |
| Emotional | | Financial | |
| Mental | | Professional | |
| Spiritual | | Contribution | |

The Wellness Wheel - Assessment Tool

Please take a moment to Self-Assess, using this tool. On the image below, using a scale of 0-5, give yourself a score in terms of your health in each area of life. With “5” representing consistent, abundant health, and “0” representing the opposite end of that spectrum, represent yourself honestly and objectively, knowing that this is a safe space to do so.



wellness
INNOVATE

When you self-assess, please circle the dot on each area of life that corresponds. Then, connect the dots to visualize the health, symmetry, and alignment of your Personal Wellness Wheel.