



Name: _____

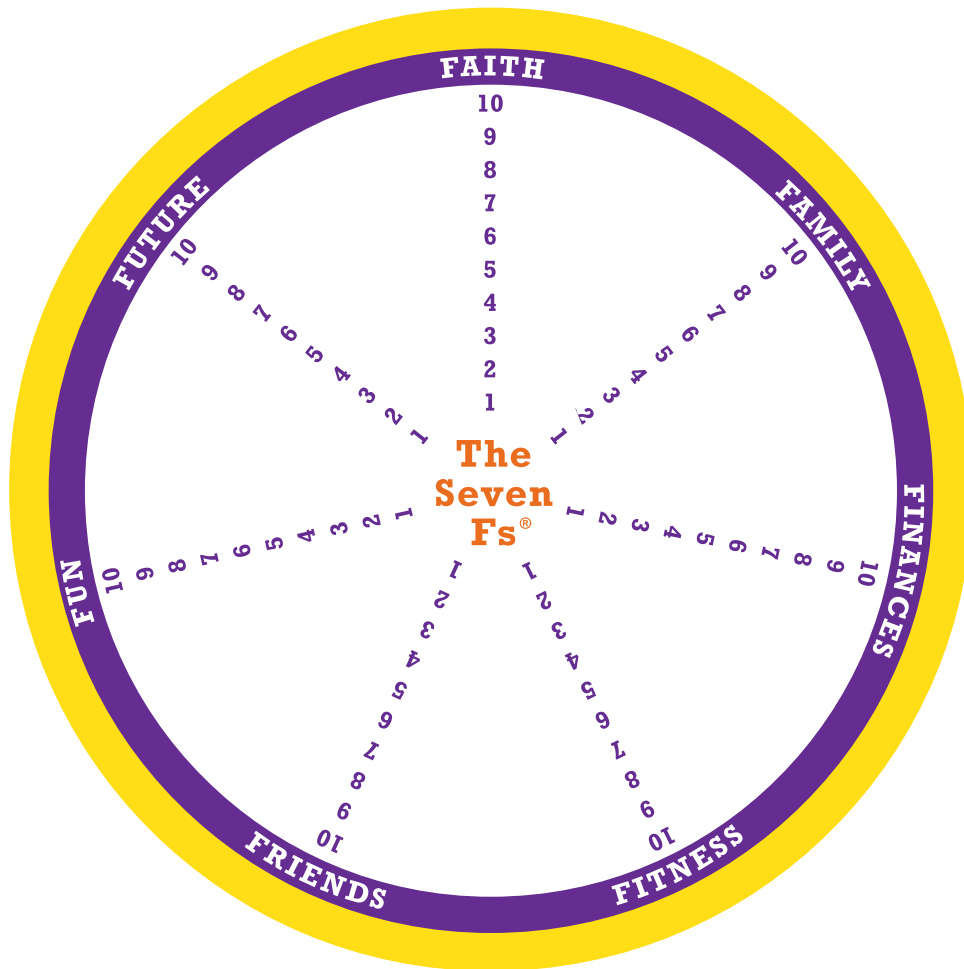
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The Seven Fs Wheel

When we expand our thinking to include blending the Seven Fs, our perspective becomes brighter. A well rounded wheel helps increase positive momentum in our personal leadership.

Instructions

Plot your scores by making a mark on the number that best describes your satisfaction on each of the Seven Fs. Starting with the highest number, connect all seven dots by moving clockwise around the wheel.



“We are 100% responsible for the mood & tone we take to work and bring home. Blending the Seven Fs helps us live with less stress and lead with less fear.”

Faith – How satisfied are you with your spiritual life?

Family – How satisfied are you with your loved ones, who share a common sense of home?

Finances – How satisfied are you with how your money funds your priorities?

Fitness – How satisfied are you with the health of your body?

Friends – How satisfied are you with the people who share your joys and disappointments?

Fun – How satisfied are you with the part of your life that is playful and joyful?

Future – How satisfied are you with the hope you have for yourself and others?

Which best describes how you feel about your work?

Which of the Seven Fs can you blend together to make your wheel roll with greater momentum?

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