



LIVE YOUR LIFE

Assessment & Workbook

M

MICHAEL BURKE



STAY TUNED IN

Successful people take control. They pick the lane, the speed, and the direction they're traveling. They don't let the voices from their past control their present.

But connecting to the things that bring meaning to our lives requires high levels of self-awareness. Which is why our It's Your Life assessment is designed as a wheel.

Wheels are meant to roll! It's essential to create harmony in our lives and work on the spokes that need the most attention. If your life is feeling bumpy, check the spokes. Because on your journey, you're probably going to hit a pothole, check the curb, or pop your tire. You might lose your job, face relationship challenges, struggle with family matters. And that's okay.

Because when we accept responsibility for our wheels, we can truly achieve the lives we design.

Live up to **YOUR**
potential.

"Sometimes, it's not that you don't know who you are...you know it...it's just that you need someone to truly see you and remind you that **you are capable of doing great things.**

Michael did this for me. I was so far removed from who I was. He took the time to see me. It wasn't anything he changed;

Michael uncovered and reminded me of who I am, so I could see me too." - B.T.

get your wheel ROLLING

Are you the
passenger...or the
driver?

Our lives are a work in progress and if we focus on our wheel, it ensures we are moving towards balance, that we always have things to work on, and are continuously improving in some area of our life. Here's how to get your wheel rolling:

1

Each segment, or spoke, is a key area of your life where you have set an expectation of performance or of result. Let's take wealth for example. Were you expecting to be earning at a certain level, investing and building wealth? On a scale of one to ten, how satisfied with your wealth are you? Is there a gap between where you are where you want to be?

Your spokes are your building blocks to a fabulous professional and personal life. Complete the other spokes: health, relationships, career, family/friends, fun, personal growth, and contribution/leadership. In order for your wheel to roll smoothly, the spokes must be the same length, in perfect balance.

2

3

It's time to work on the spokes that are preventing your wheel from being in balance. Which ones need the most attention? Develop a plan for each and start your work! You develop a plan by setting a goal and the specific steps and activities it will take to get there. You're in the driver's seat. You're always in control of you.

Design your wheel.

Personal
Growth

Relationships

Health

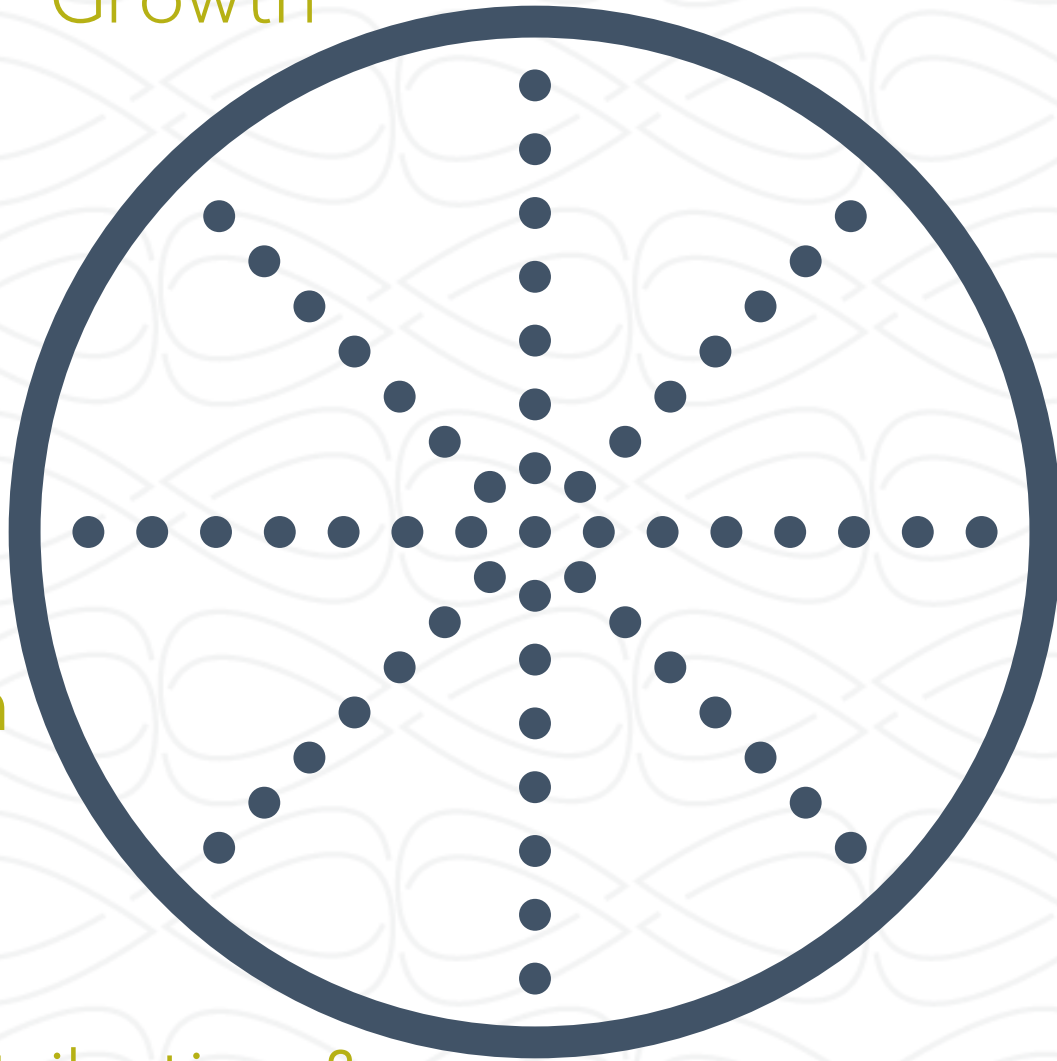
Career

Wealth

Fun

Contribution &
Leadership

Family &
Friends



WHAT'S YOUR PLAN?

Now comes the biggest challenge...
you gotta do the work.

What was your lowest spoke?

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What is causing the ranking?

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Develop a plan by listing the
steps you are going to take
to balance your wheel.

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The wheel of life is your plan and focus for life. You are going to hit a pothole and curve, it's multidimensional. But if you are focused, you can shift your focus as life happens.

Meet Michael Burke

“I am committed to helping others deepen their connections and thrive in life. I can't wait to meet you, hear your story, and do my part to help you on your journey to a richer, fuller life.”

Michael Burke is a John Maxwell and TTI Success Insights certified coach, teacher, trainer, and speaker with 30-years of experience helping Fortune 100, mid-sized companies, groups, and individuals achieve their highest levels of personal and professional growth.



Have more Ah-Ha moments!

SIGN-UP TO GET MICHAEL'S
INSPIRATION & ADVICE