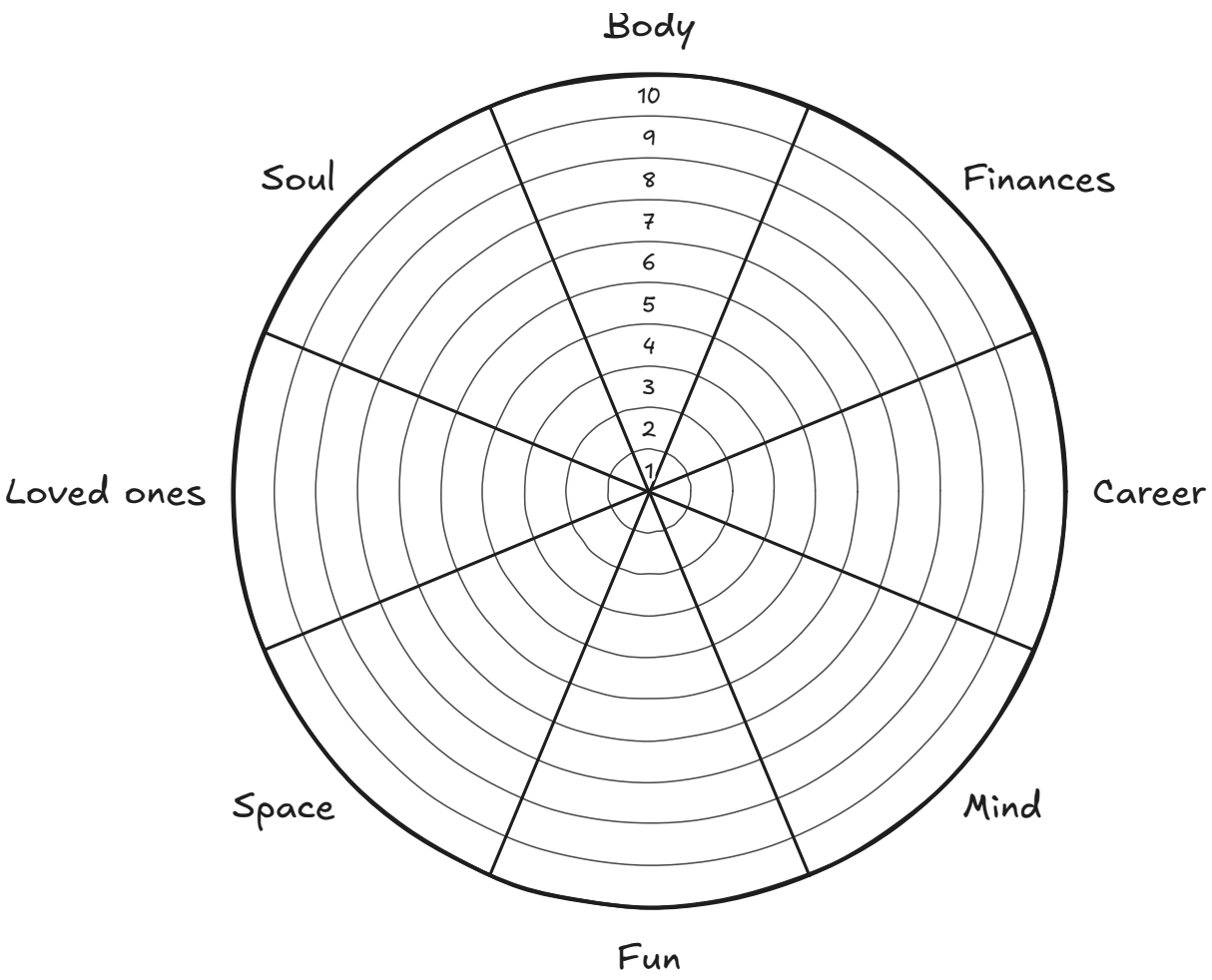
Wheel of life

Colour each slice from the middle out to your score, 1 to 10. Then lift the slice with the biggest gap by one.



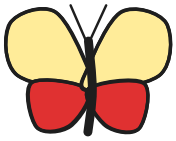
	Now	Goal	One small step
Body			
Finances			
Career			
Mind			
Fun			
Space			
Loved ones			
Soul			

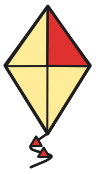
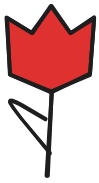
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My 100 wishes ✳

One wish a line, big or small. Tick the box when it comes true. Wishes 1 to 50.



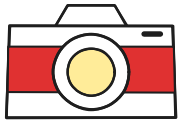
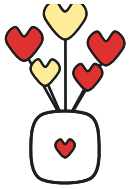

		came true			came true
1		☐	26		☐
2		☐	27		☐
3		☐	28		☐
4		☐	29		☐
5		☐	30		☐
6		☐	31		☐
7		☐	32		☐
8		☐	33		☐
9		☐	34		☐
10		☐	35		☐
11		☐	36		☐
12		☐	37		☐
13		☐	38		☐
14		☐	39		☐
15		☐	40		☐
16		☐	41		☐
17		☐	42		☐
18		☐	43		☐
19		☐	44		☐
20		☐	45		☐
21		☐	46		☐
22		☐	47		☐
23		☐	48		☐
24		☐	49		☐
25		☐	50		☐

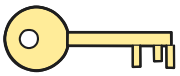
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My 100 wishes ✳

Keep going, nothing is too much to write down. Wishes 51 to 100.



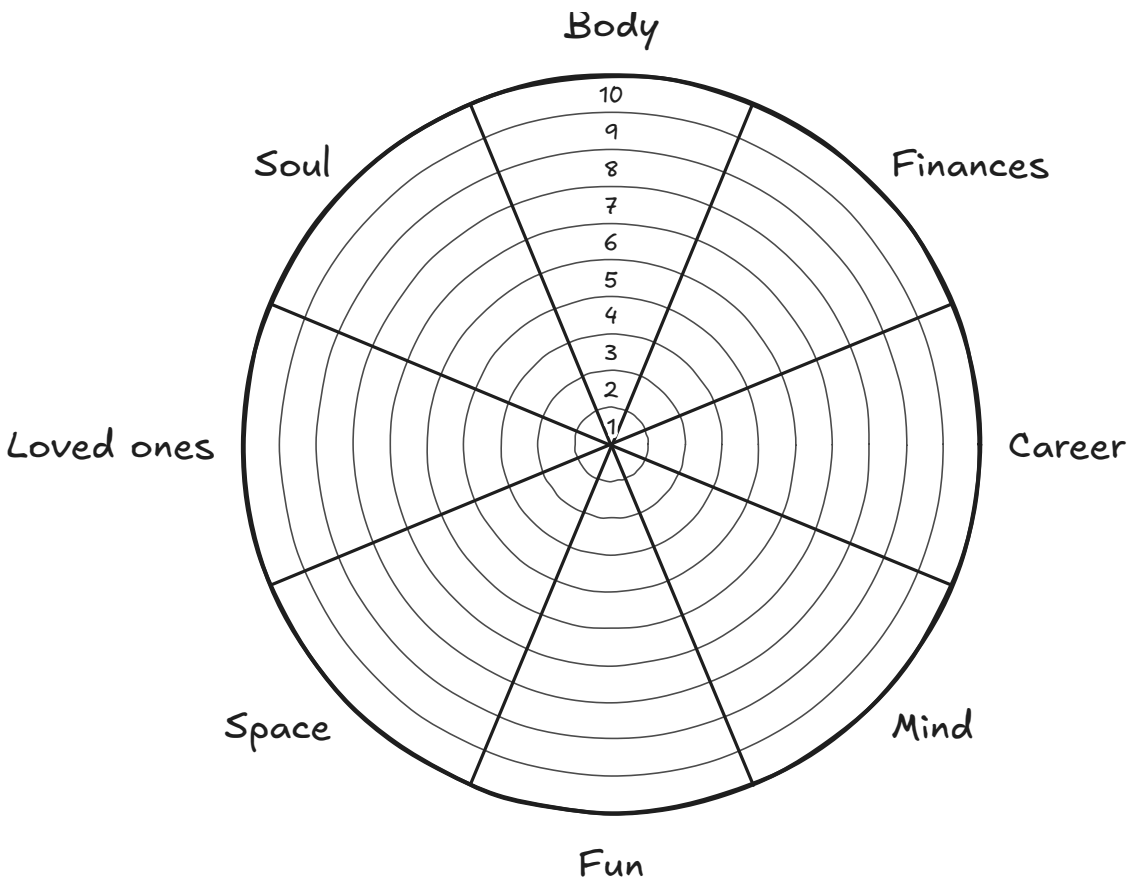

		came true			came true
51		☐	76		☐
52		☐	77		☐
53		☐	78		☐
54		☐	79		☐
55		☐	80		☐
56		☐	81		☐
57		☐	82		☐
58		☐	83		☐
59		☐	84		☐
60		☐	85		☐
61		☐	86		☐
62		☐	87		☐
63		☐	88		☐
64		☐	89		☐
65		☐	90		☐
66		☐	91		☐
67		☐	92		☐
68		☐	93		☐
69		☐	94		☐
70		☐	95		☐
71		☐	96		☐
72		☐	97		☐
73		☐	98		☐
74		☐	99		☐
75		☐	100		☐

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Wheel of life

Colour each slice from the middle out to your score, 1 to 10. Then lift the slice with the biggest gap by one.



	Now	Goal	One small step
Body			
Finances			
Career			
Mind			
Fun			
Space			
Loved ones			
Soul			

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My 100 wishes

One wish a line, big or small. Tick the box when it comes true. Wishes 1 to 50.







		came true			came true
1		☐	26		☐
2		☐	27		☐
3		☐	28		☐
4		☐	29		☐
5		☐	30		☐
6		☐	31		☐
7		☐	32		☐
8		☐	33		☐
9		☐	34		☐
10		☐	35		☐
11		☐	36		☐
12		☐	37		☐
13		☐	38		☐
14		☐	39		☐
15		☐	40		☐
16		☐	41		☐
17		☐	42		☐
18		☐	43		☐
19		☐	44		☐
20		☐	45		☐
21		☐	46		☐
22		☐	47		☐
23		☐	48		☐
24		☐	49		☐
25		☐	50		☐

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My 100 wishes ✳

Keep going, nothing is too much to write down. Wishes 51 to 100.







		came true			came true
51		☐	76		☐
52		☐	77		☐
53		☐	78		☐
54		☐	79		☐
55		☐	80		☐
56		☐	81		☐
57		☐	82		☐
58		☐	83		☐
59		☐	84		☐
60		☐	85		☐
61		☐	86		☐
62		☐	87		☐
63		☐	88		☐
64		☐	89		☐
65		☐	90		☐
66		☐	91		☐
67		☐	92		☐
68		☐	93		☐
69		☐	94		☐
70		☐	95		☐
71		☐	96		☐
72		☐	97		☐
73		☐	98		☐
74		☐	99		☐
75		☐	100		☐

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Plan your week in the Corenk app
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How to use it

1. Print the pages on A4 or Letter. The wheel is page one, the 100 wishes are pages two and three.
2. On the wheel, colour each slice from the middle outwards: 1 is far from where you want to be, 10 is just right.
3. In the table, write today's score and the score you want. Pick the slice with the biggest gap and write one small step for it.
4. On the wishes pages write one wish a line, big or small, until you reach 100. Tick the box when one comes true.
5. Look at both pages again in six months.

Print tips

- A4 and Letter pages are both in this file; print the one your printer takes.
- Prints fine in black and white. 100% scale, no fit-to-page.
- Works in GoodNotes and Notability too: import the PDF and write on it.

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