



**SUCCESS
BY
DESIGN**

MODULE ONE

**A IS FOR
ASSESS THE GAP**

LESSON 02:
5 HOLISTIC AREAS

WORKBOOK



LESSON 02: 5 HOLISTIC AREAS

BIG IDEAS

- Success by Design™ is based upon the belief that our lives are multi-dimensional with 5 key interrelated areas and that balance in all these areas is critical for holistic success.
 - **Spiritual:** the connection to your purpose and/or faith journey
 - **Wellness:** your physical, mental, and emotional wellbeing
 - **Relational:** your relationships with people who mean most to you
 - **Career:** your job and profession or educational pursuit
 - **Financial:** personal and/or family finances
- All areas are interconnected - stress in one area affects all areas
- We must be successful in all areas of our life to FEEL successful
- It is important to set goals in ALL five holistic areas
- Reflecting on our success in each of these areas will help us identify areas that need extra attention to improve life balance
- Strive to reach “10” in each area, but know that it is more important to maintain all values around the same level
- Focus on the areas you have identified as being low (0 – 4) and bring them closer to the levels of your other areas as this will allow all areas to improve
- Strive to have all five holistic areas within the 8-10 zone

Pump Up Low Areas First

Much like a car, if one tire is extremely low (or flat) it will make it hard to move the other tires forward. The journey will be slow and the ride arduous and bumpy. Getting that low tire pumped closer to the level of the other tires will help allow the car to move forward easier, and gain momentum.

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ACTION TASK

- Download the Holistic Wheel
- Identify how successful you feel in each of the 5 areas
- Identify your lowest areas

