



**GOODNESS
PAYS®**

Seven Fs Insight Tool

Name: _____

Date: _____

Good leaders know **goodness pays**® when people thrive together in a culture of encouragement, accountability, and positive teamwork. This tool helps you see a picture of what you need to thrive in your life, as a foundation for goodness in your leadership.

Instructions: Read the descriptions for each of the Seven Fs. Then, circle the number which best describes your satisfaction on each of the spokes of the Seven Fs Wheel. Create a shape by connecting all seven of your scores by moving clockwise around the wheel.

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?

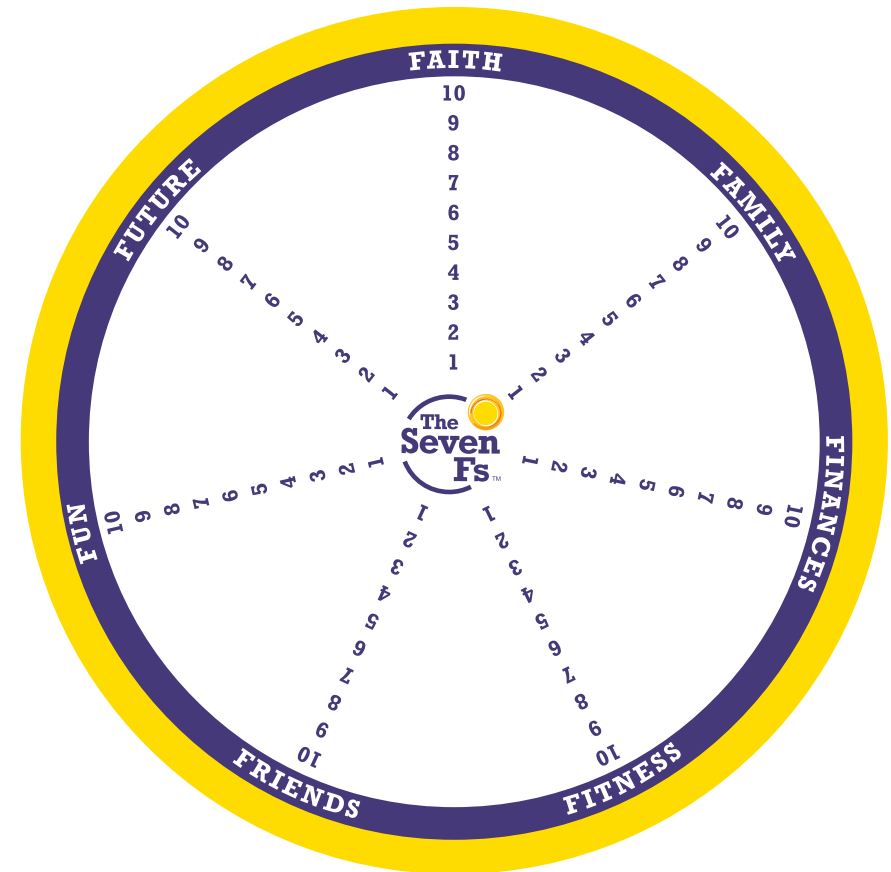
Finances – How satisfied are you with how your money funds your priorities?

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?



1 = Low

10 = High

Coaching Questions

1. After connecting the dots - Will your Seven Fs Wheel roll?
 - ▶
2. Which of the Seven Fs can you blend together to help your wheel roll better?
 - ▶
3. Which of the Seven Fs best describes how you think about your work?
 - ▶