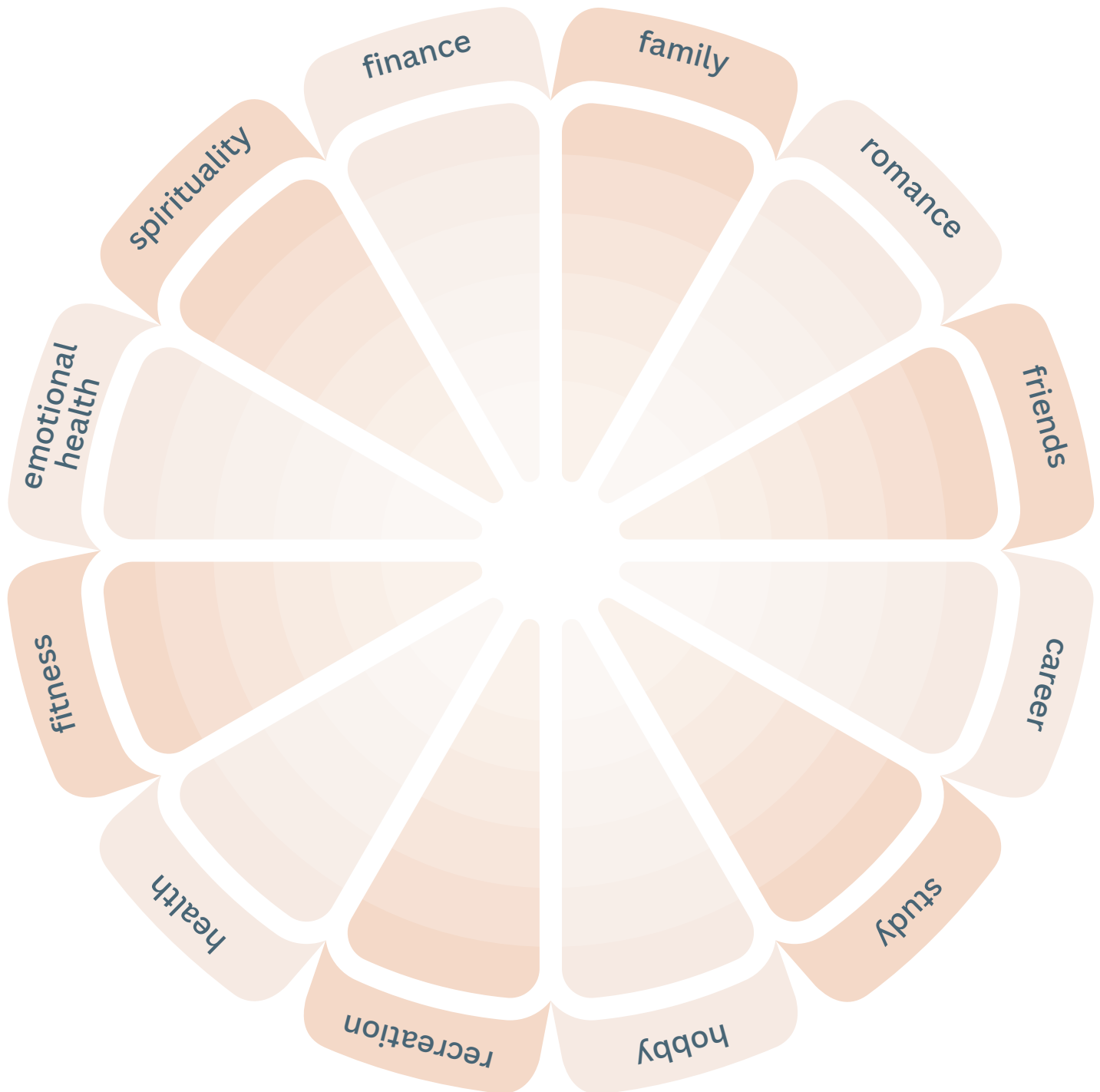




Wheel of Life

DATE:



Assess how satisfied you are with your life in each area



WHEEL OF LIFE INSTRUCTIONS

Purpose: The Wheel of Life is a self-reflection tool that helps you evaluate your current satisfaction in key areas of life. It provides a visual snapshot of where you feel fulfilled and where you may need to focus attention for growth or healing.

✅ Step-by-Step Guide

1. Choose Your Life Categories - Start by selecting 6–10 life areas that are meaningful to you. Common examples include:

- Health
- Career
- Finances
- Relationships
- Personal Growth
- Spirituality
- Fun & Recreation
- Environment (home/living space)
- Contribution/Giving
- Emotional Well-being

Customize based on what matters most to you.

2. Using the circle template, each section will be rated from 0 (center of the circle) to 10 (outer edge), representing your current level of satisfaction.

3. Rate Each Category - For each area, ask yourself:

"On a scale of 1 to 10, how satisfied am I with this area of my life right now?"

- 1 = very dissatisfied
- 10 = fully satisfied

Mark each score on the corresponding segment of the wheel, then connect the dots around the circle.



WHEEL OF LIFE INSTRUCTIONS

4. Reflect on the Results - Look at the shape of your wheel:

- Is it round and balanced or bumpy and uneven?
- Which areas are thriving?
- Which areas are under-nourished?

Ask yourself:

- What's contributing to your satisfaction in high-rated areas?
- What's missing or holding you back in the lower-rated areas?
- Where do you want to grow?

5. Choose Focus Areas for Improvement - Select 1–3 categories where you would like to improve your score.

For each one, ask:

- What small actions can I take to improve this area?
- What would a '10' look like in this part of my life?

6. Set Intentions or Goals - Turn your insights into realistic, aligned actions.

Example:

- If you scored "3" in Self-Care, you might commit to scheduling 30 minutes a day for rest or body movement.

7. Revisit Regularly - Repeat the Wheel of Life every 3–6 months to:

- Track your progress
- Celebrate growth
- Adjust your focus as your life evolves