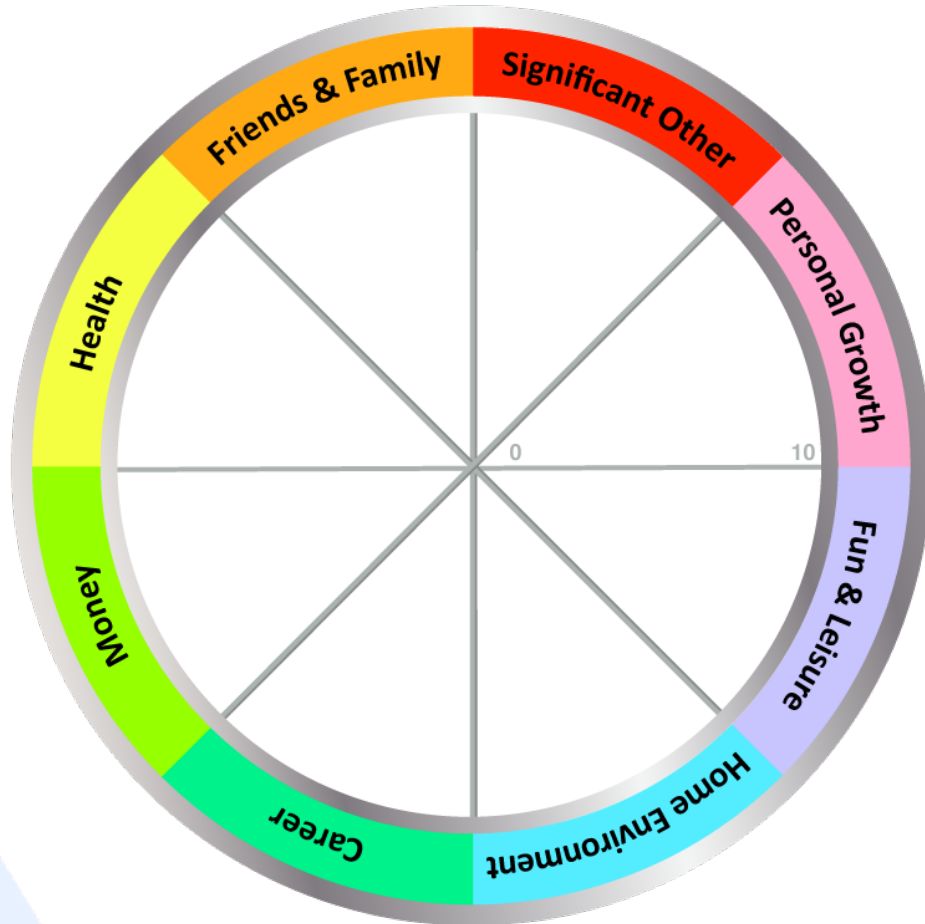


The Wheel of Life

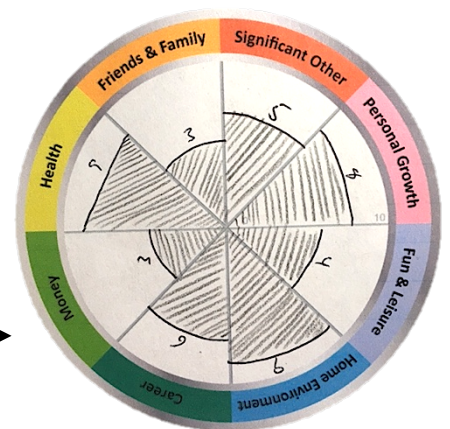


How to Complete the Wheel of Life

1. Review the 8 Wheel Categories - Think briefly what a satisfying life might look like for you in each area.

2. Next, draw a line across each segment that represents your satisfaction score for each area.

- Imagine the center of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside, see example →



IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it should be!

The new perimeter of the circle represents you **Wheel of Life**.

Looking at the wheel, ask yourself these questions:

- Are there any surprises for you?
- How do you feel about your life as you look at your Wheel?
- How do you currently spend time in these areas? How would you like to spend time in these areas?
- What would make that a score of 10?
- What would a score of 10 look like?
- Which of these categories would you most like to improve?
- How could you make space for these changes in your life?
- What help and support might you need from others to make changes and be more satisfied with your life?
- What change should you make first? And what change do you want to make first?
- If there was one key action you could take that would begin to bring everything into balance, what would it be?

Taking Action

To wrap-up the Wheel of Life exercise, try to identify one action for each area that would bring you closer to realizing more complete satisfaction in that area, then pick 1-3 actions to get started.

Consider starting with the 3 areas you identified earlier that you most want to work on and identify an action for each. Even the smallest step will get the wheel rolling...
