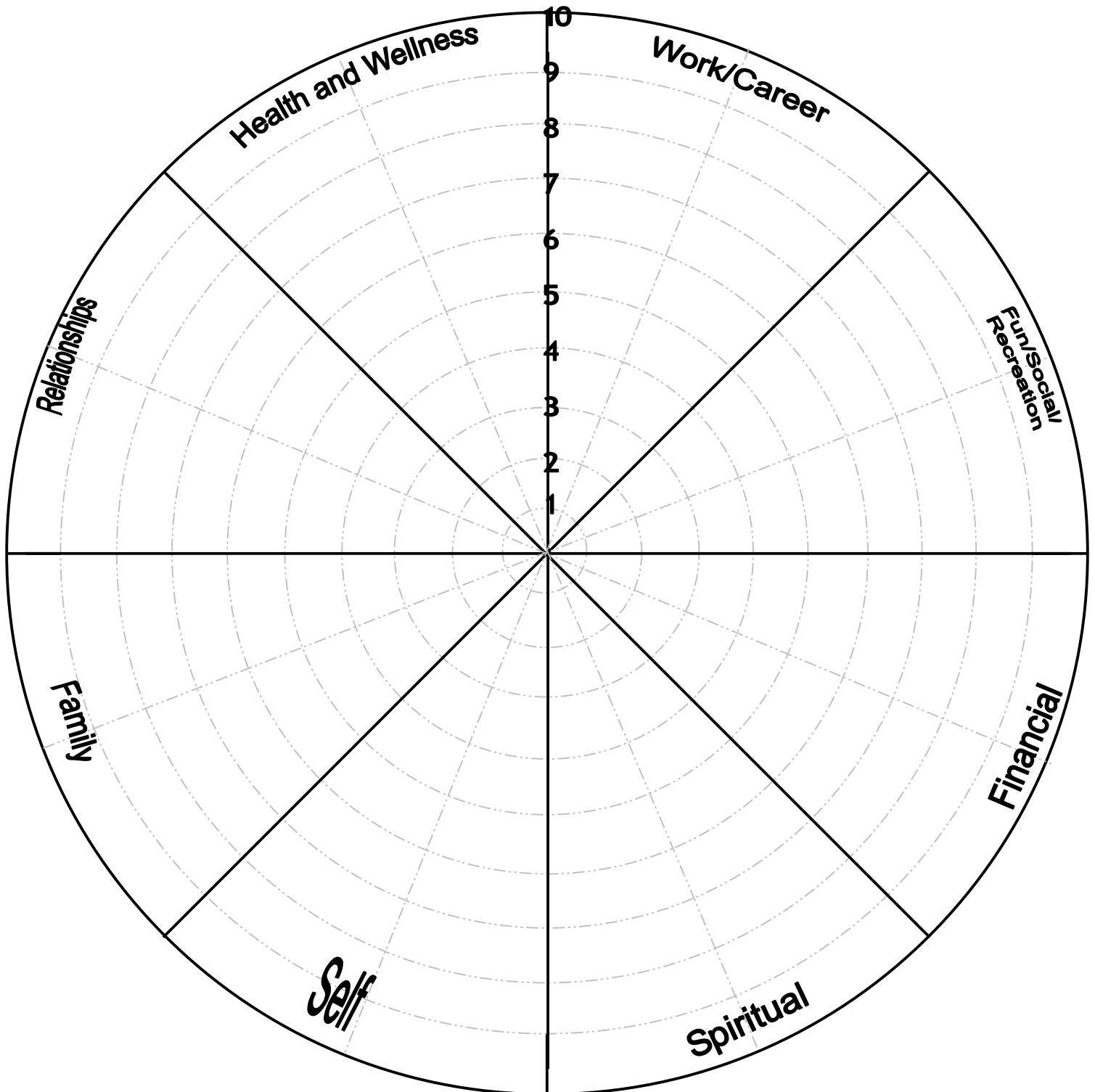


# Wheel of Life

The Wheel of Life is a simple exercise that can help you determine which areas of your life are out of balance. It allows you to determine whether you are focusing too much on some areas of your life and neglecting others. It also helps you determine the areas of your life to set goals, focus on or improve.

**Instructions:** The wheel is divided into sections representing areas of your life. Rank your level of satisfaction by marking each area from 0-10 where 0 is completely unhappy or dissatisfied and 10 is totally happy or satisfied. Connect all the dots together to create your wheel.



## WHEEL OF LIFE

### Working with your results:

Everyone knows that having balance in your life is important because we can be more content and alive and enjoy what we are doing. Your results show you the degree to which you are satisfied with the different areas of your life.

1. What are your three high spots – the areas in your life that you have the most satisfaction? What do you feel contributes to your success and satisfaction in these areas?

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2. What are your three low spots - the areas you are least satisfied with? Make a list of them below. Then go back and rank them in order of importance to you right now.

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3. Take these three (lowest) areas of your life and answer the following questions for each area:

- What's Working?
- Why is that working?
- What's not quite right yet?
- What would make it more right?
- What's my vision for this – what do I really want?
- How do I want to feel?
- Why is it most important to me right now to become more satisfied with this area?

4. Create an Action Plan for each area you would like to change by answering the following:

- What are my goals in this area of my life?
- The benefits of achieving this goal are.....
- Possible Obstacles – list all of the considerations, fears and roadblocks
- Write down the reasons you are absolutely committed to making this happen
- Brainstorm a list of actions
- List actions you will take this week towards each goal
- List one action you will take within the next 24 hours