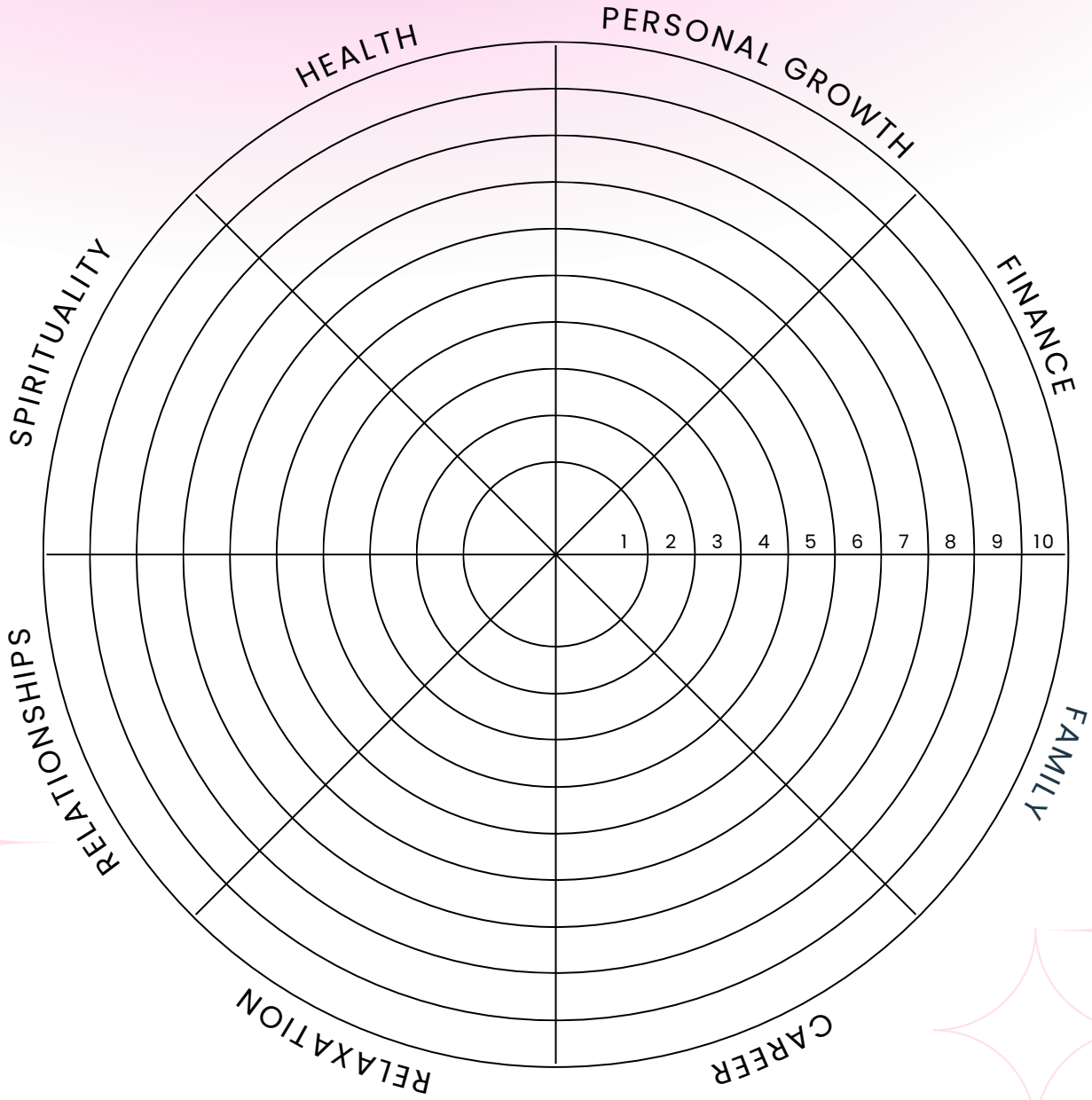
Wheel of Life



Priority categories

Notes

Directions

LIFE ASSESSMENT INSTRUCTIONS:

1. Your Wheel: Look at the circle divided into sections for each topic: Wealth, Career, Family, Routine, Personal Growth, Free Time, Romance, and Health.

2. Assess Your Satisfaction: For each section, think about your current satisfaction level in that area of your item on a scale from 1 - 10 (1 being very dissatisfied and 10 being fully satisfied).

3. Fill in the Wheel: Using a pencil or pen, mark your satisfaction level with coloring in levels until you reach the satisfaction number (moving from lowest in the centre to the outside).

4. Once complete, you will notice a shape that has taken place with your wheel of satisfaction, giving you a great picture of your overall life balance.

5. Reflect on Your Shape: Take a moment to observe the shape you've created. Are there sections that stand out? Does it reflect what you want? Are there areas that need more attention?

6. Identify Key Areas for Improvement: Choose 1-2 areas where you'd like to elevate your satisfaction. Write down what specific actions you can take to improve in those.