

The Wheel of Life

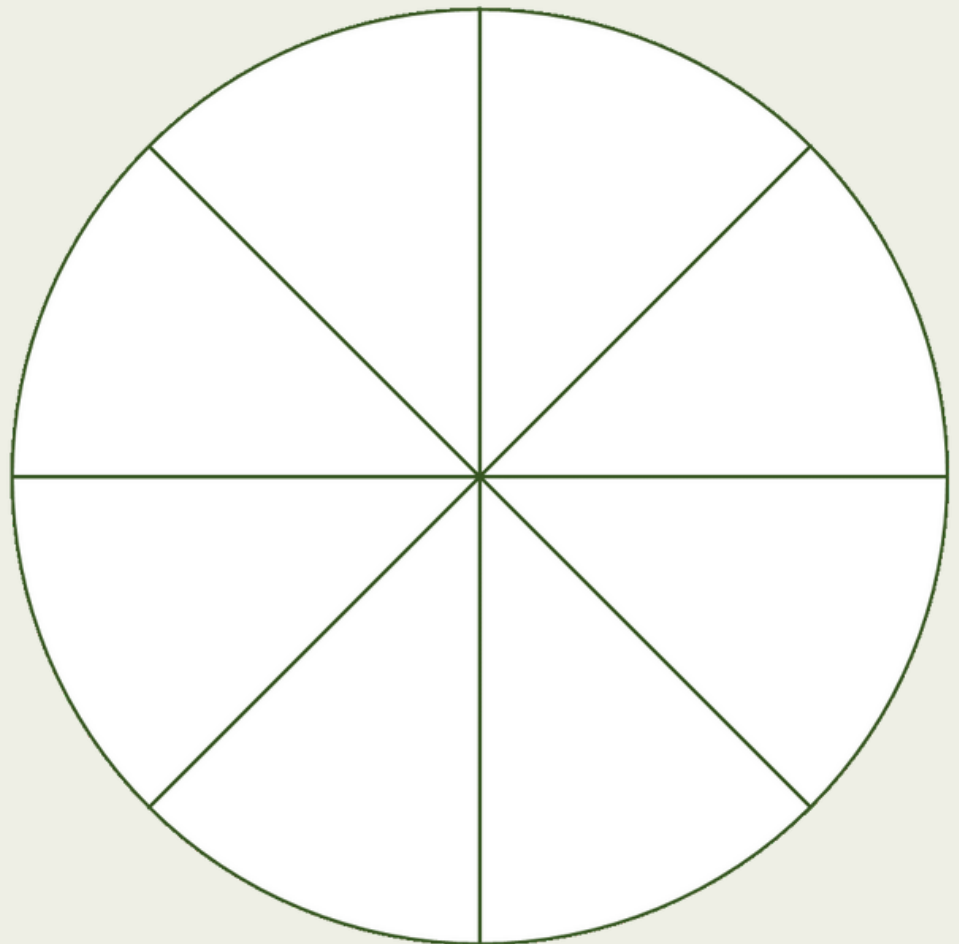
The Wheel of Life diagram below is split into 8 sections. Each section is going to represent an aspect of your life that you would like to focus on and would altogether reflect a balanced life for you.

Label each of the sections (select from the list below or create your own.)

Go around each section and rate your current level of satisfaction in that area. Draw a line where your level of satisfaction is in that section of the wheel. The middle of the wheel is 0 (not at all satisfied) and the outside rim of the wheel is 10 (highly satisfied).

Suggested labels:

Career
Finances
Physical Health
Mental Health
Friends
Family
Parenting
Partner/Spouse
Personal development
Fun
Self-Care
Social Life
Hobbies
Spirituality
Volunteering



After you have completed your wheel, consider these questions:

1. What are my initial impressions and feelings about my wheel?
2. What areas really need my attention?
3. What could I do to improve my score (even just by one point) in those areas? How would that impact any of the other areas of my life?
4. What actions would I like to take forward? When am I going to carry them out? What could stop me? What support do I need?