

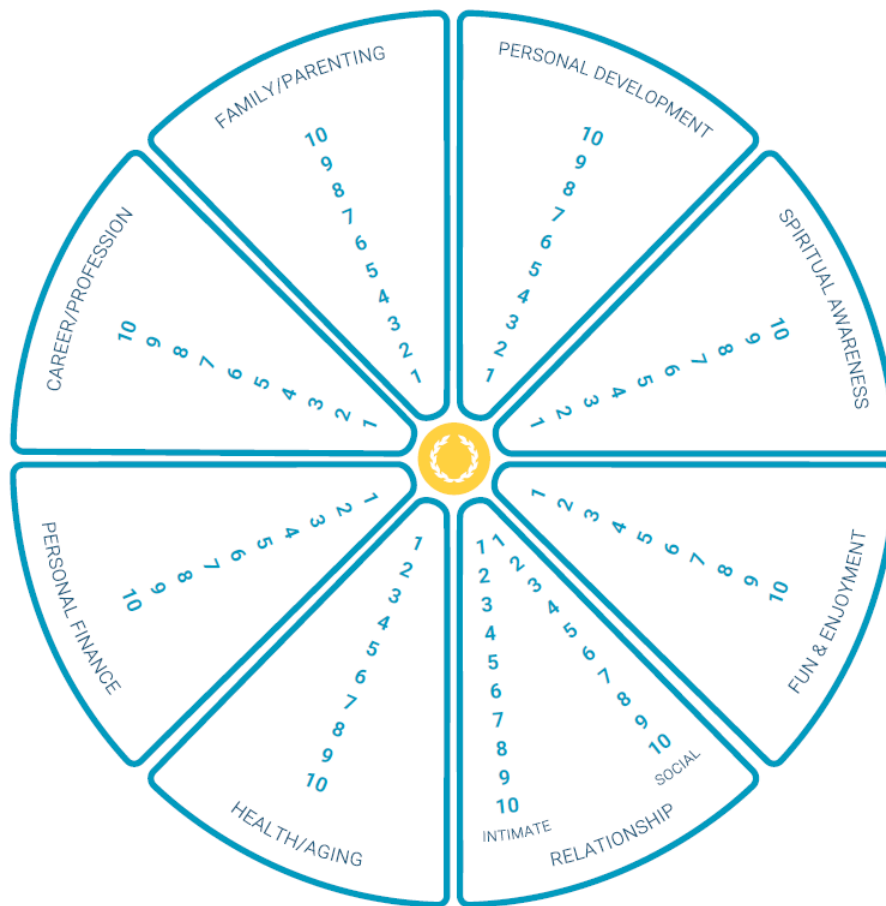
# The Wheel of Life

The Wheel of Life helps you assess your life satisfaction. You'll easily see the areas that are out of balance and can use it to prioritize where you focus your attention.

This exercise continues with an opportunity to reflect on where you are in each area of your life and what life would be like if you were totally satisfied. You create goals to bridge that gap.

## Step 1: Where You Are Right Now

For each section of the wheel, circle the number that represents your current level of satisfaction. Don't overthink it. Use the first number that comes to mind. The higher the number, the more satisfied you are in that area.



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## Step 2: Where Want to Be

Reflect on why you selected the number you did on the Life Wheel. You can also ask yourself why you chose that particular number and not the one below and not the one above.

What would that area of life be like for you to be completely satisfied (a 10)?

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### **FAMILY / PARENTING**

**What number did you select?**

**Why did you pick that number?** *(To help you get a complete answer you can ask yourself, why not the number below and why not the number above?)*

**What would make it a 10?**

### **CAREER / PROFESSION**

**What number did you select?**

**Why did you pick that number?** *(To help you get a complete answer you can ask yourself, why not the number below and why not the number above?)*

**What would make it a 10?**

### **PERSONAL FINANCE**

**What number did you select?**

**Why did you pick that number?** *(To help you get a complete answer you can ask yourself, why not the number below and why not the number above?)*

**What would make it a 10?**

## HEALTH / AGING

**What number did you select?**

**Why did you pick that number?** *(To help you get a complete answer you can ask yourself, why not the number below and why not the number above?)*

**What would make it a 10?**

## RELATIONSHIPS - INTIMATE

**What number did you select?**

**Why did you pick that number?** *(To help you get a complete answer you can ask yourself, why not the number below and why not the number above?)*

**What would make it a 10?**

## RELATIONSHIPS - SOCIAL

**What number did you select?**

**Why did you pick that number?** *(To help you get a complete answer you can ask yourself, why not the number below and why not the number above?)*

**What would make it a 10?**

## **FUN & ENJOYMENT**

**What number did you select?**

**Why did you pick that number?** *(To help you get a complete answer you can ask yourself, why not the number below and why not the number above?)*

**What would make it a 10?**

## **SPIRITUAL AWARENESS**

**What number did you select?**

**Why did you pick that number?** *(To help you get a complete answer you can ask yourself, why not the number below and why not the number above?)*

**What would make it a 10?**

## **PERSONAL DEVELOPMENT**

**What number did you select?**

**Why did you pick that number?** *(To help you get a complete answer you can ask yourself, why not the number below and why not the number above?)*

**What would make it a 10?**

What insights did you have with this exercise? What surprises you? What did you learn?