

# WHEEL OF LIFE

**Step 1:** Print out the 'My Wheel of Life' page.

**Step 2:** Each spoke of the wheel represents an area of your life.

Use the scale to plot and rate your current level of satisfaction with each area (0 being not satisfied, 10 being extremely satisfied), put a dot on the spoke of the wheel at the score that feels right for you on that life aspect.

If you need some help to prompt the questions you need to ask yourself take a look at the last page.

**Step 3:** Once you've scored all areas, join the dots to see how effectively your wheel would roll (most people result in a pretty bumpy ride!)

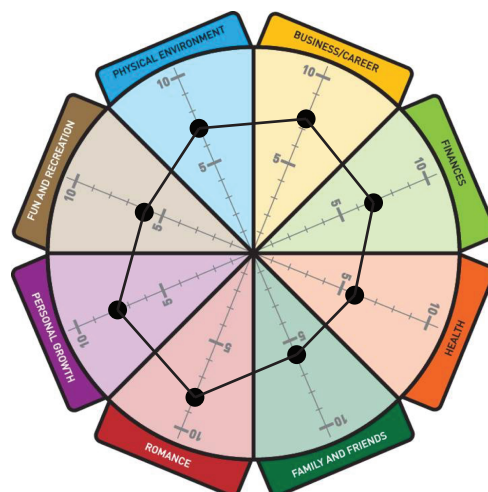
**Step 4:** Now think about your goals that you completed in the pre work. On the 'My Wheel of Life Outcomes' page, rate each area as to how you would like to feel in 12 months (the aim is not necessarily to get 10 in every category).

**Step 5:** Next to each category, write what that 12-month score would feel like or represent. For example, for Physical environment, you might say "I'll be living in a new home with a backyard. It will be a 10 minute drive from work"

**Step 6:** Select the 2 areas which would have the great positive impact on your life and write them down.

**Step 7:** What are 2 short term goals for those 2 areas. In other words, what are 2 actions you need to take to drive that 12-month outcome.

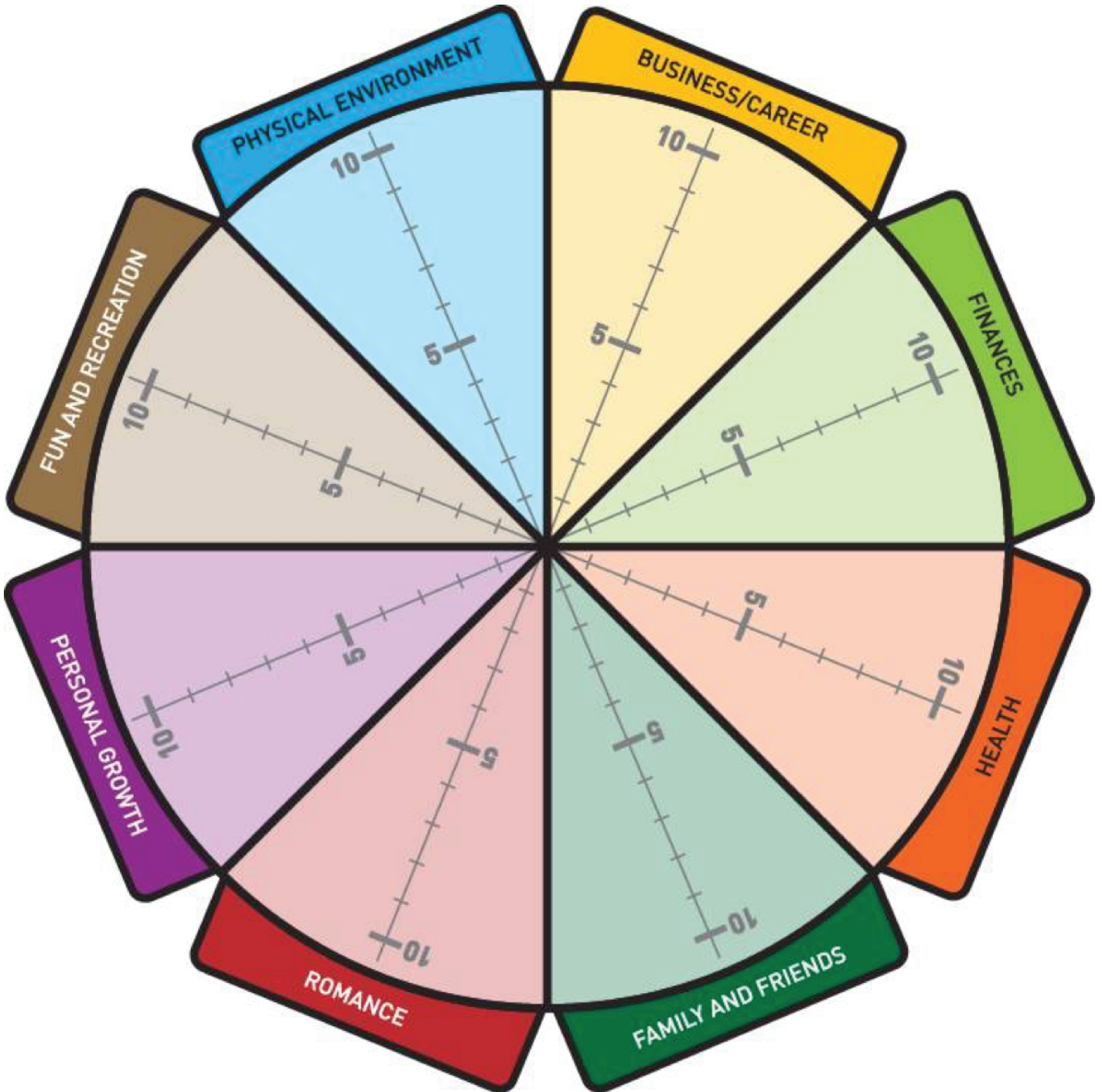
*Remember, the Wheel of Life is something that can and should be revisited on a regular basis. I would recommend quickly drawing up a Wheel of Life every 6-12 months to see how you are progressing.*



Wheel of Life Example

# MY WHEEL OF LIFE

Today's Date \_\_\_\_/\_\_\_\_/20\_\_



# MY WHEEL OF LIFE OUTCOMES

CATEGORY	12 MONTH SCORE	WHAT IT WILL LOOK LIKE AND/OR FEEL LIKE
Physical Environment		
Business/career		
Finances		
Health		
Family and Friends		
Romance		
Personal Growth		
Fun and Recreation		

The two areas that will have the greatest impact on my life are:

1.
2.

My two short term goals/immediate actions are:

1.
2.

# QUESTIONS TO PROMPT YOUR THOUGHTS

<p><b>PHYSICAL ENVIRONMENT</b></p> <ul style="list-style-type: none"> <li>• Are you comfortable with the home that you live in?</li> <li>• Do you have a clean and tidy environment?</li> <li>• Do you have a good community?</li> </ul>	<p><b>ROMANCE</b></p> <ul style="list-style-type: none"> <li>• Do you feel love?</li> <li>• How often are you expressing love to others?</li> </ul>
<p><b>BUSINESS/CAREER</b></p> <ul style="list-style-type: none"> <li>• Are you where you want to be by now?</li> <li>• Is your career heading in the right direction?</li> <li>• Are you satisfied with the kind of work you do?</li> </ul>	<p><b>PERSONAL GROWTH</b></p> <ul style="list-style-type: none"> <li>• How focused are you on Personal Growth?</li> <li>• Do you read often?</li> <li>• Are you trying new experiences and thriving to learn?</li> <li>• Are you satisfied with your direction in life?</li> </ul>
<p><b>FINANCE</b></p> <ul style="list-style-type: none"> <li>• Are you comfortable with what you're earning to satisfy your needs?</li> <li>• Are you financially set up for future growth in wealth?</li> </ul>	<p><b>FUN AND RECREATION</b></p> <ul style="list-style-type: none"> <li>• Are you enjoying life and making it fun?</li> <li>• Are you satisfied with the level of activity that you do?</li> <li>• Do you socialize often?</li> <li>• Do you regularly do what you love?</li> </ul>
<p><b>HEALTH</b></p> <ul style="list-style-type: none"> <li>• How physically healthy are you?</li> <li>• Are you satisfied with your level of fitness?</li> <li>• Are you satisfied with your diet?</li> <li>• Are you socializing often?</li> </ul>	<p><b>SPIRIT AND CONTRIBUTION</b></p> <ul style="list-style-type: none"> <li>• What do you do that impacts the lives of others?</li> <li>• How would others rate your contribution to society or to them as individuals?</li> <li>• How connected are you to the inner and outer world?</li> <li>• Are you satisfied with your relationship with your spiritual being?</li> </ul>
<p><b>FAMILY AND FRIENDS</b></p> <ul style="list-style-type: none"> <li>• Is your family supportive of you?</li> <li>• Are your friends supportive of you?</li> <li>• Are you socializing often?</li> <li>• Are you supportive of your family &amp; friends?</li> </ul>	<p><b>SELF IMAGE</b></p> <ul style="list-style-type: none"> <li>• Do you think of your skills and abilities highly?</li> <li>• Do you respect and love yourself?</li> <li>• Do you appreciate yourself?</li> </ul>