

LIFE WHEEL

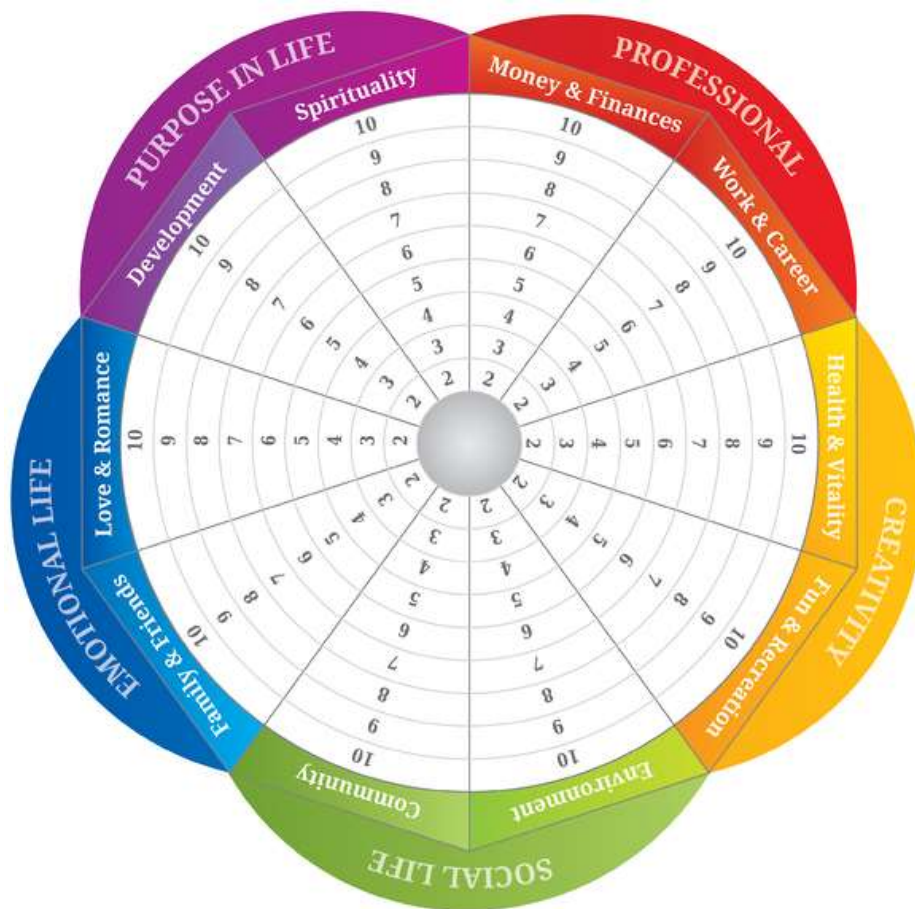
COMPLETE THE WHEEL:

1. Review the 8 Wheel Categories. Think briefly what a satisfying life might look like for you in each area.

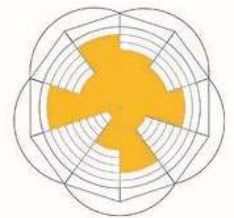
2. Next, color up to each segment that represents your satisfaction score for each area.

- Imagine the center of the wheel is 1 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!



EXAMPLE



QUESTIONS TO CONSIDER...

- Are there any surprises for you? How do you feel about your life as you look at your Wheel?
- How do you *currently* spend time in these areas? How would you *like* to spend time in these areas?
- What would make that a score of 10? What would a score of 10 look like?
- Which of these categories would you *most* like to improve?
- How could you make space for these changes in your life?
- What help and support might you need from others to make changes and be more satisfied with your life?
- What change *should* you make first? And what change do you *want* to make first?
- If there was one key action you could take that would begin to bring everything into balance, what would it be?