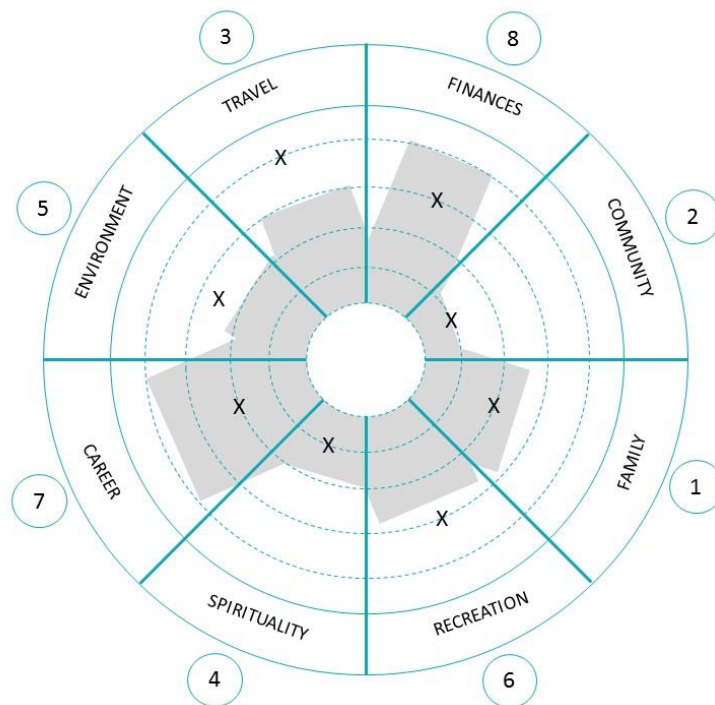


Your Wheel of Life

Overview

The Wheel of Life contains eight segments that, together, visually represent your whole life. It is a snapshot taken in the moment, enabling you to see what is off balance at this point in time and the areas of your life you may like to focus on in the future. As this exercise is a snapshot, taken at a specific point in time, it is beneficial to complete a new wheel of life every 3-6 months to see the changes you have made, and to realign your areas of focus.

Example



The Process

Step One - Choose the 8 most important areas of your life (some options are provided below) and write each area in the last segment on the outer of the wheel.

Career / Work
Partner
Personal Growth

Finances
Recreation
Spirituality

Travel
Wellness
Social Life

Family & Friends
Fun & Enjoyment
Attitude

Community
Relationships
Physical Environment

Step Two - Mark with a X on the dotted line how satisfied you are for each area of your life on a scale of 1-5. The more satisfied you are (5) the closer your X will be to the outer of the circle.

Step Three - Shade in the amount of time you spend on each area of your life. The more time you spend the closer the shading will be to the outer of the circle.

Step Four - Rank each of the areas of your life from 1-8 in each of the circles on the outside of the wheel, with 1 being the most important aspect to you. Note: You must select from 1-8, you can't have two items with the same number or half numbers.

Last Step – Take the time to reflect on your life...it may surprise you.

