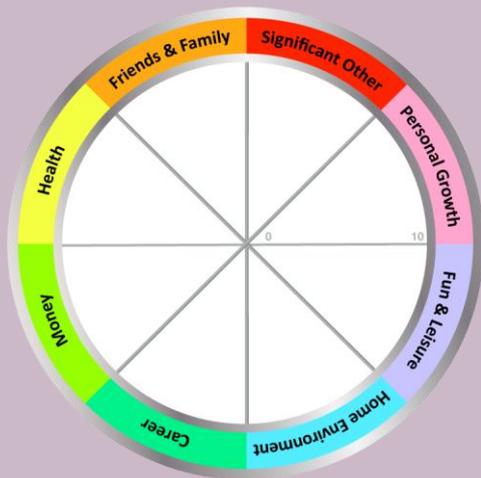


# THE WHEEL OF LIFE



The wheel of life is a tool that helps you to visualize how balanced and fulfilled or vice versa your life is at the moment.

The wheel consists of 8 - 10 categories considered most important to you for a balanced and whole life.

The goal is to rate each area of your life and map it into a wheel. This gives you an immediate overview of your current life balance. In turn you can clearly see the areas in your life that need improvement.

Through this visualization, you can gain the motivation to make the necessary changes needed to achieve fulfillment

The list of categories include:

Family and friends

Love

Career

Finances

Health

Environment

Recreation

Spiritual growth

Personal growth

Mental and Emotional

How to use it:

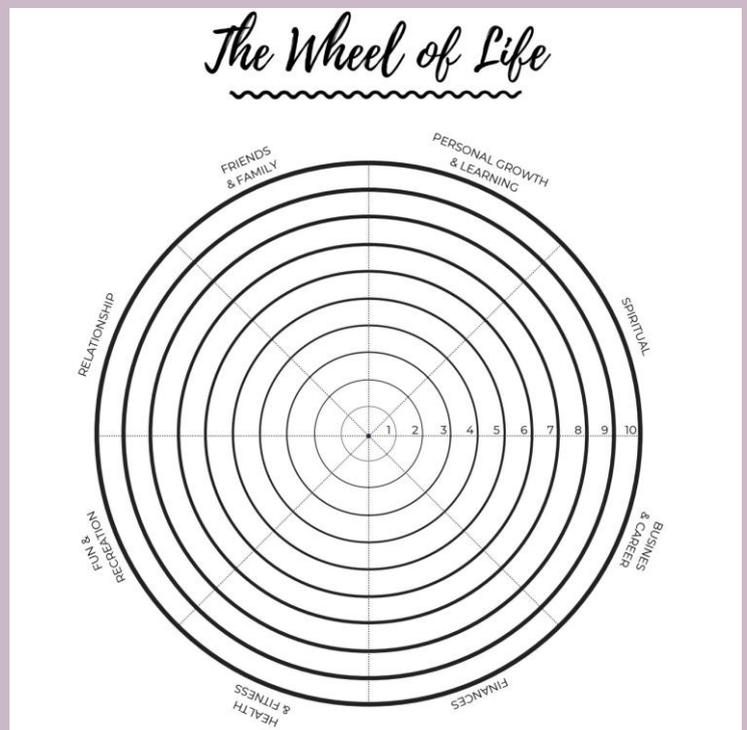
Rate your satisfaction level for each

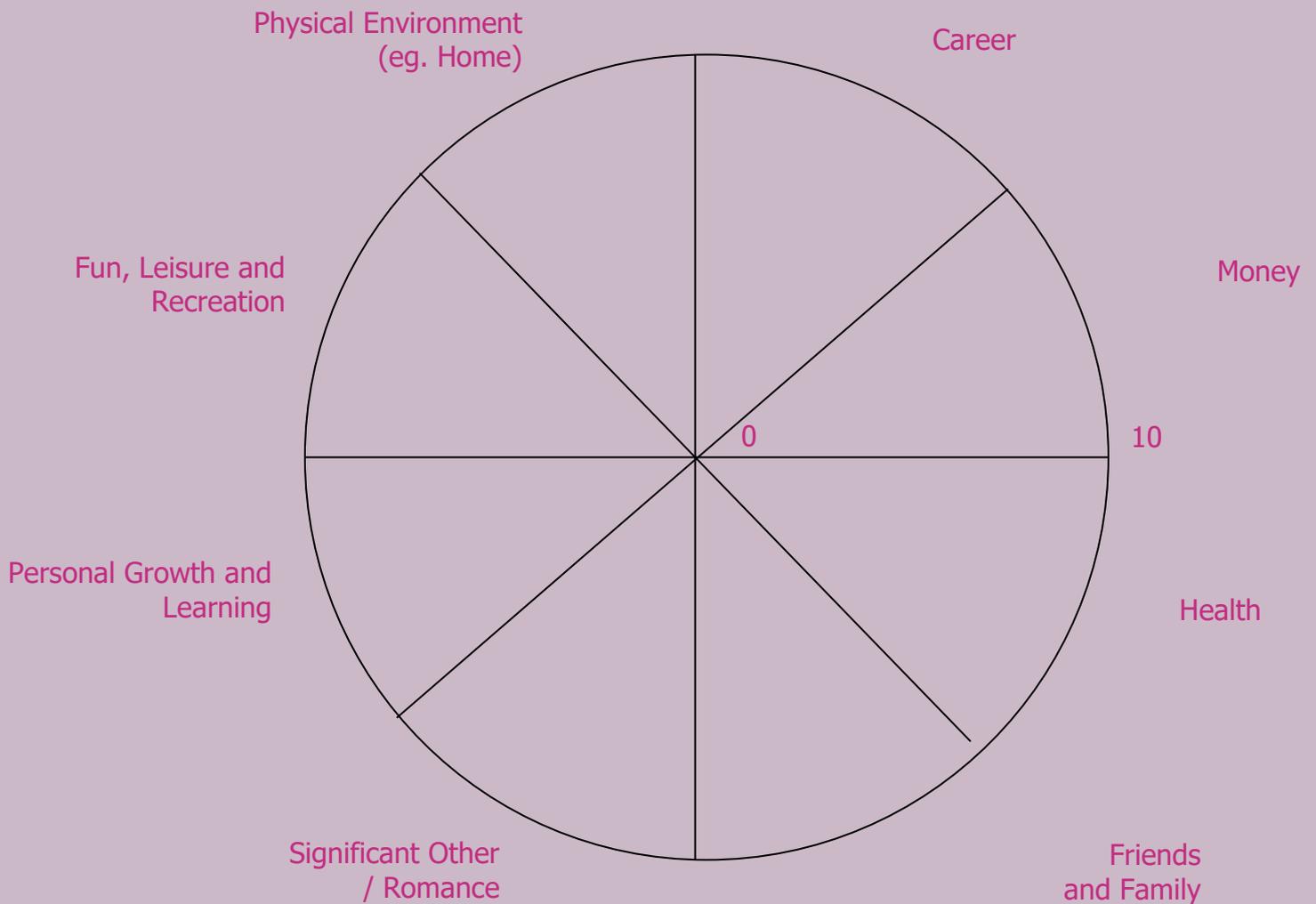
category on a scale of 1 - 10

Map these into an image of a wheel

Take a look at it as this is your current satisfaction level.

This wheel of life will enhance your Self-awareness making you empowered therefore giving you a sense of direction and focus.





### WHEEL OF LIFE INSTRUCTIONS

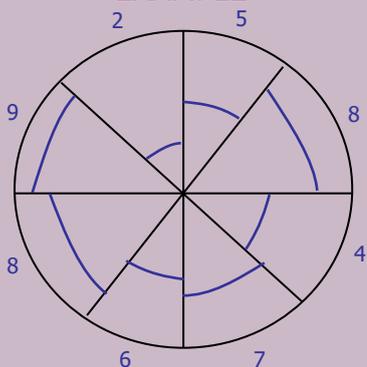
The 8 sections in the Wheel of Life represent balance.

Please change, split or rename any category so that it's meaningful and represents a balanced life for you.

Next, taking the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)

The new perimeter of the circle represents your 'Wheel of Life'. Is it a bumpy ride?

### EXAMPLE



Name: \_\_\_\_\_ Date: \_

# The Wheel of Life Questionnaire



When you look at the shape of the wheel, what do you feel?

In what ways would you like to change the shape of the wheel?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# The Wheel of Life Questionnaire



What surprises you the most?

What would a score of 10 look like and feel?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# The Wheel of Life Questionnaire



Which 3 categories would you like to work on so that you can improve on them?

Which category would you like to start with?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# The Wheel of Life Questionnaire



At present how do you spend time on each category?

What resources do you need to improve the score in each category?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# The Wheel of Life Questionnaire



What small steps would have the most significant improvement on your satisfaction?

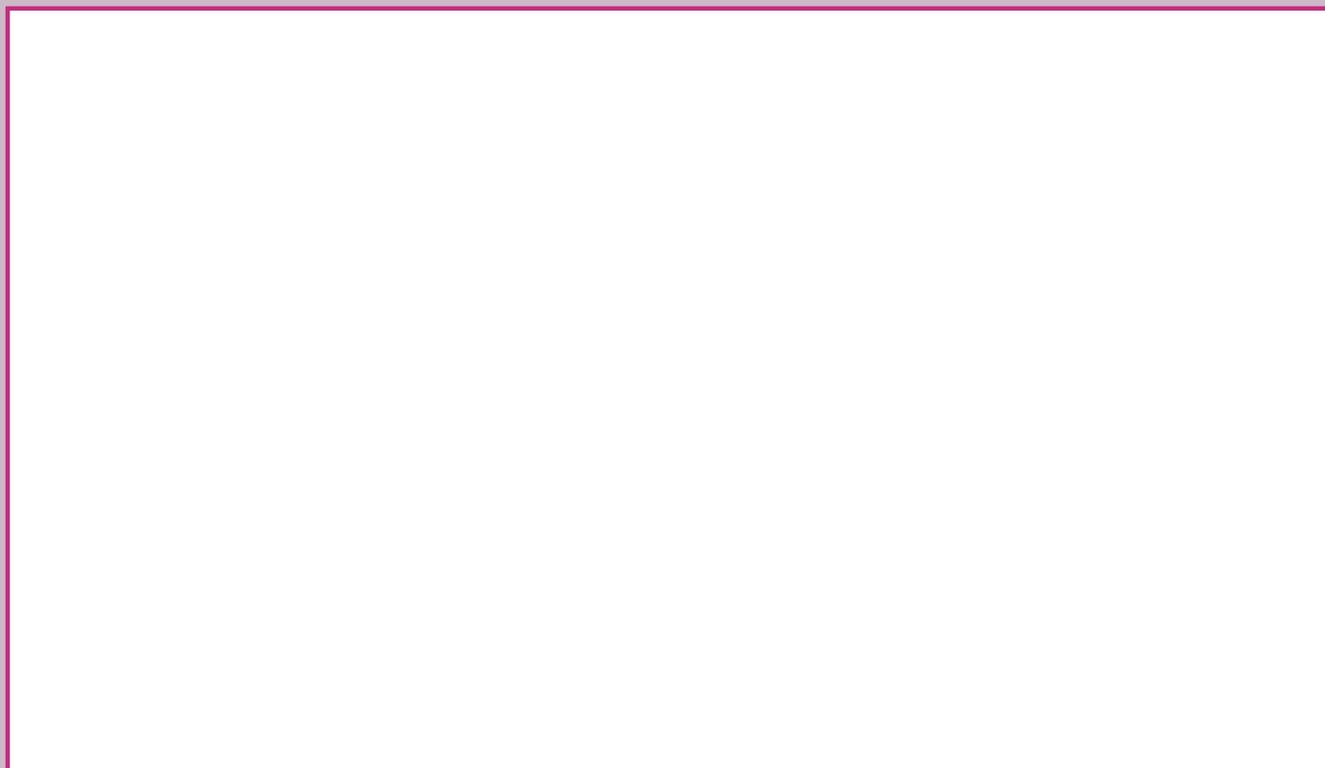
Could a single action improve more than one area?

# The Wheel of Life Questionnaire

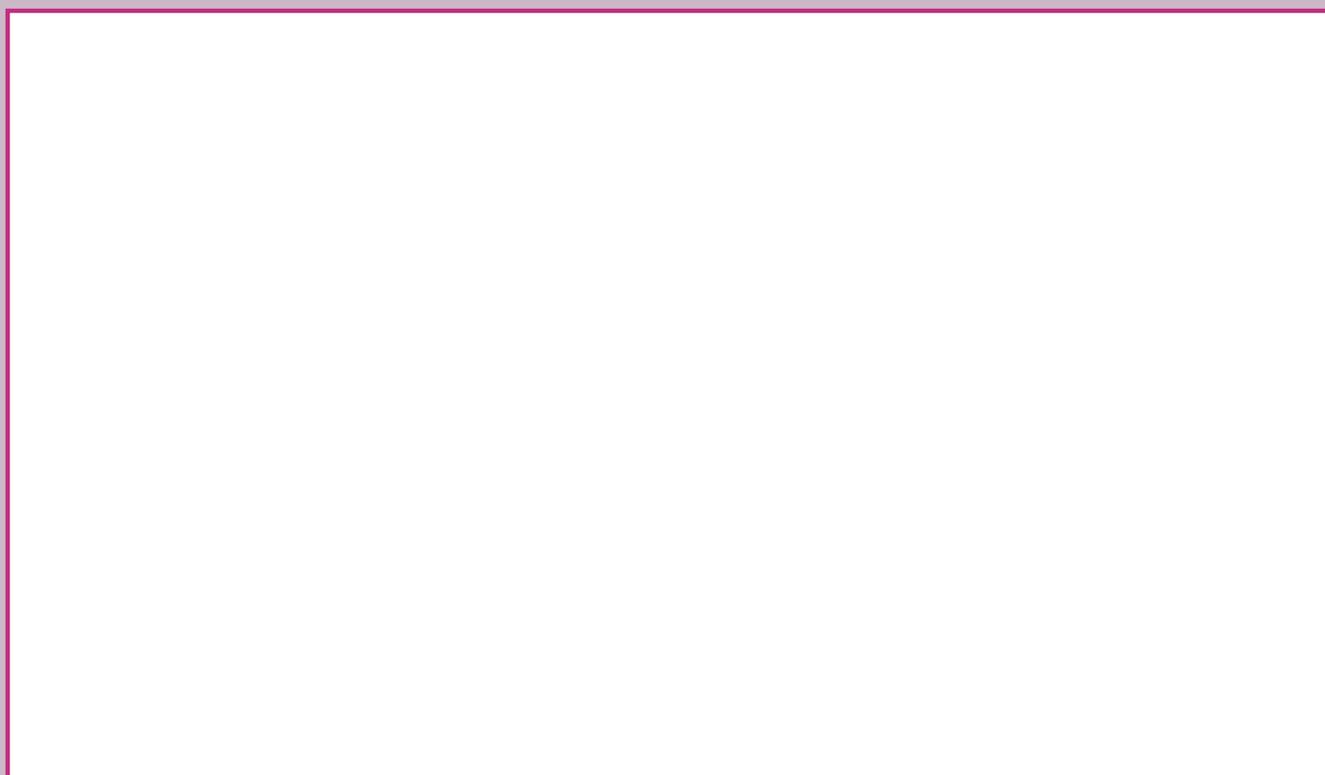
## Part B

### For the area mentioned in que 6:

Why does this area need attention?



What would it take to increase your satisfaction by one score?



# The Wheel of Life Questionnaire

## Part B

### For the area mentioned in que 6:

How balanced do you feel in this area?

Why did you give the score that you did on the wheel of life for this category?

# The Wheel of Life Questionnaire

## Part B

### For the area mentioned in que 6:

Is there anything from this area that is affecting your score?

What can add value to this category to improve your score?

# The Wheel of Life Questionnaire

## Part C

Identify an activity for each category that when completed will change your level of satisfaction

Category	Activity
1. Health	
2. Family	
3. Friends	
4. Work	
5. Money	
6. Home	
7. Recreation	
8. Personal Growth	
9. Spirituality	
10. Community	
11. Environment	
12. Education	

Categorize each action on each category as short term or long term. Define the objective for each action and write it down.

Category	Activity	Term	Objective
1. Health			
2. Family			
3. Friends			
4. Work			
5. Money			
6. Home			
7. Recreation			
8. Personal Growth			
9. Spirituality			
10. Community			
11. Environment			
12. Education			