



# The Wheel of Life

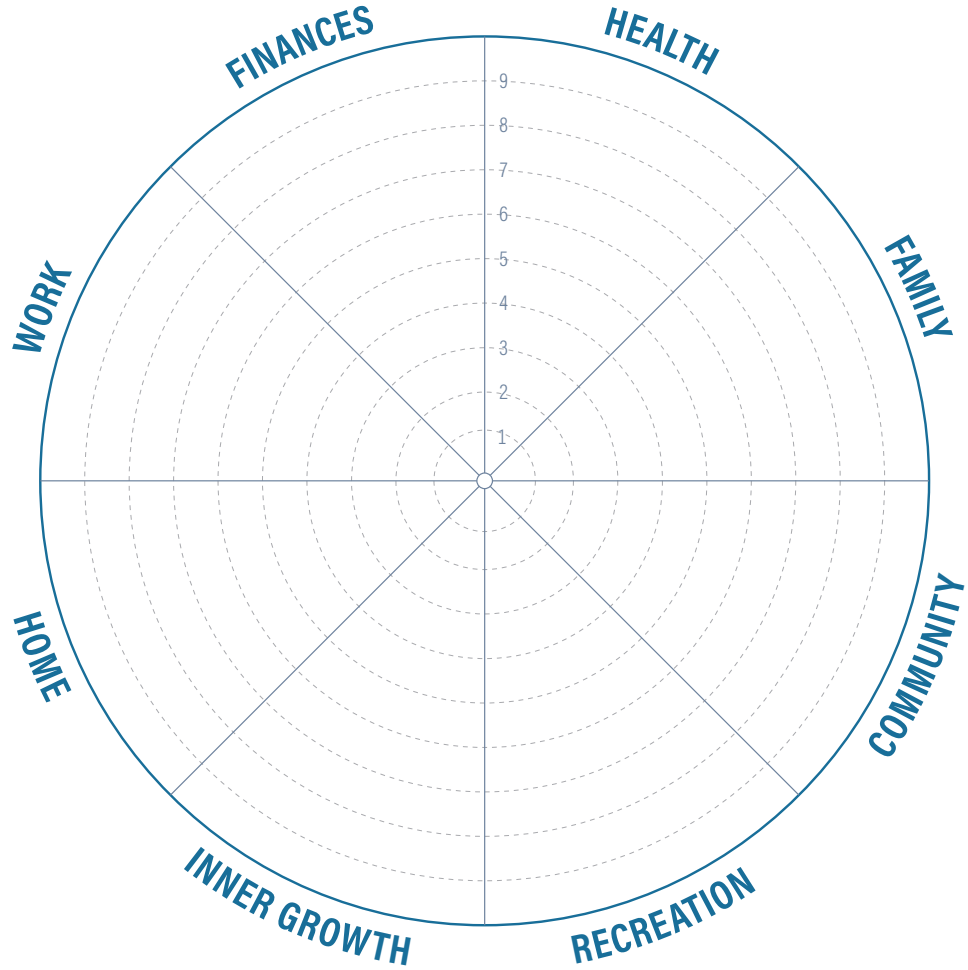
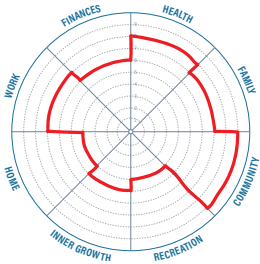
This simple yet powerful tool helps you visualize all the important areas of your life at once, allowing you to better understand which areas of your life are flourishing and which ones need more work.

**Step 1:** Identify a score of 1–10 for each area of these eight areas of your life. A zero indicates no satisfaction and a ten indicates the highest degree of satisfaction.

**Step 2:** With a heavy pen, trace over the dotted line in each life area that corresponds with your satisfaction score for that area. Your finished Wheel of Life gives you a snapshot of which areas of your life need more attention.

**Step 3:** Write a few words to describe the reason for your rating in each area.

**EXAMPLE:**



**HEALTH** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**FAMILY** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HOME** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**INNER GROWTH** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**RECREATION** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COMMUNITY** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WORK** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**FINANCES** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_