## NAME: DATE:

Environment

Health and Fitness

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❿

Relationships

Emotional Character

\_\_\_\_\_\_\_\_\_

Learning/Development

Finances/Money

Career/Vocation

Lifestyle/Leisure

**WHEEL OF LIFE INSTRUCTIONS** (*print this page*)

*The 8 sections of the wheel represent a balanced life.*

Review each category of the wheel. What might be a satisfying life look like for you in each area? Please change, split or rename any category so it’s meaningful and is representative of a balanced life for you e.g. Health could represent your general wellbeing or be split into physical fitness, general health.

Next, taking the centre of the wheel as 0 (low) and the outer edge as

10 (high), plot your **level of satisfaction out of 10** within each area by

drawing a straight or curved line to create new outer edge (see example.)

**IMPORTANT:** Use the FIRST number (score) that pops into your head, and not

the number you think it *should* be! The new perimeter of the circle

represents **your** ‘Wheel of Life’

**EXAMPLE**

8

9

7

2

4

5

8

6

Note - Once you have created your wheel keep in mind your present life situations and write down, on a separate sheet of paper, a few things you would like to change within each category don't think too hard about it; simply write down any ideas that come to mind as good possibilities. The purpose of this exercise is to help you establish what you want in the various areas of your life.