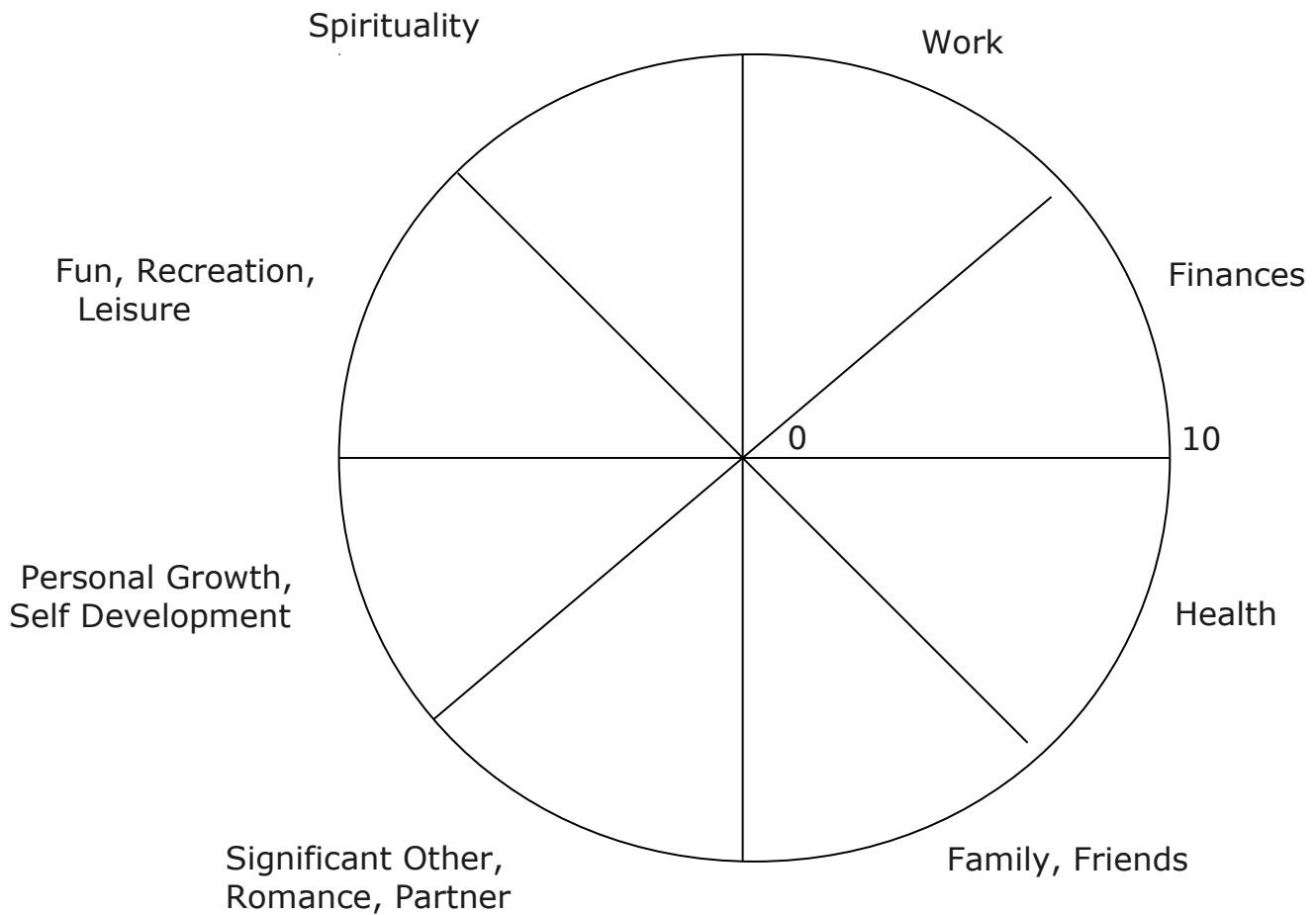


# Your Wheel of Life

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent the **areas that matter most to you** in driving a balanced and healthy life for yourself. The rounder (i.e., more balanced) the wheel, the more momentum and ability to move forward.

- Please change, split or rename any category so that it's meaningful and represents a balanced and whole life for you (e.g., other areas could include physical environment/home, service, leadership, achievement, community). Some split family and friends.
- For each section, write down a few key points that describe what success feels like to you in each area.
- Next, taking the center of the wheel as 0 and the outer edge as 10, rate 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."** What do you see when you look at your wheel? Is it a bumpy ride? Which of the areas is strongest? Where do you need to improve? Where do you have to balance the wheel to make it a smoother ride forward?

## EXAMPLE

