

The Wheel of Life

The goal of this exercise is to facilitate better understanding about what is important to you & where you want to focus your efforts.

How to Complete the Exercise

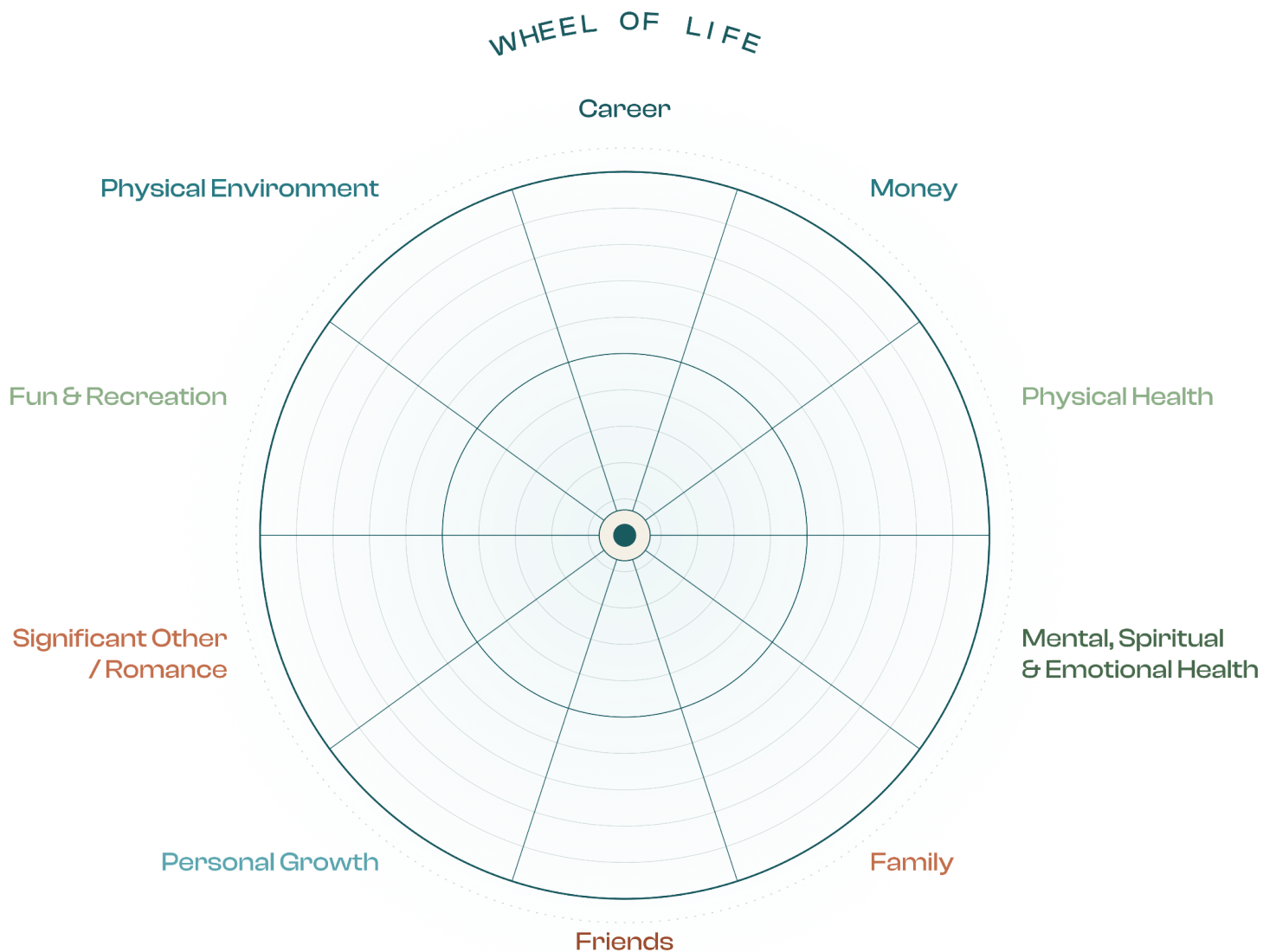
1. Reflect on each area of life shown on the wheel.
2. For each area, rate your current **level of satisfaction** on a scale from 1–10.
 - 1 represents low satisfaction and 10 represents high satisfaction
3. Mark your score on each section of the wheel.
4. Connect your scores together to create the outer shape of your wheel.
5. Step back and reflect on what you notice.

Keep in mind that you're ranking your personal satisfaction with each area — not your “performance”. There are no right & wrong answers here.

Understanding Each Area of Life

- Career: This may include career growth, purpose, work-life balance, or satisfaction with how you spend your time professionally.
- Money: This may include financial stability, financial stress, and how satisfied you feel with your financial situation.
- Physical Health: This may include sleep, fitness, movement, impact of health conditions, energy, and overall how good you feel physically.
- Mental, Spiritual, and Emotional Health. This may include stress levels, emotional well-being, spirituality, and how supported you feel by your daily habits.
- Family. This may include your perceived quality of your relationships, connection, and support within your family system.
- Friends. This may include your sense of friendship, community, and social connection.
- Personal Growth. This may include emotional growth, learning new skills, creativity, spirituality, or pursuing meaningful goals.
- Significant Other / Romance. This may include satisfaction within a romantic relationship or your sense of fulfillment in this area of life more broadly.
- Fun & Recreation. This may include experiences of joy and play, hobbies, rest, and activities that help you feel refreshed and alive outside of responsibilities and productivity.
- Physical Environment. This may include your home, workspace, and overall environment.

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Reflection questions

- What does the overall shape of your wheel tell you about your life at this time?
- How smooth or bumpy does your life feel right now?
- Are there areas of your life that need attention?
- What areas of your life are you willing to address now, soon, later?
- Do you see any themes in the areas you're most satisfied with? Are there patterns that contribute to these areas ranking highly?