

Wheel of Life Exercise

The sections represent different aspects of your life. Examples of life domains include:

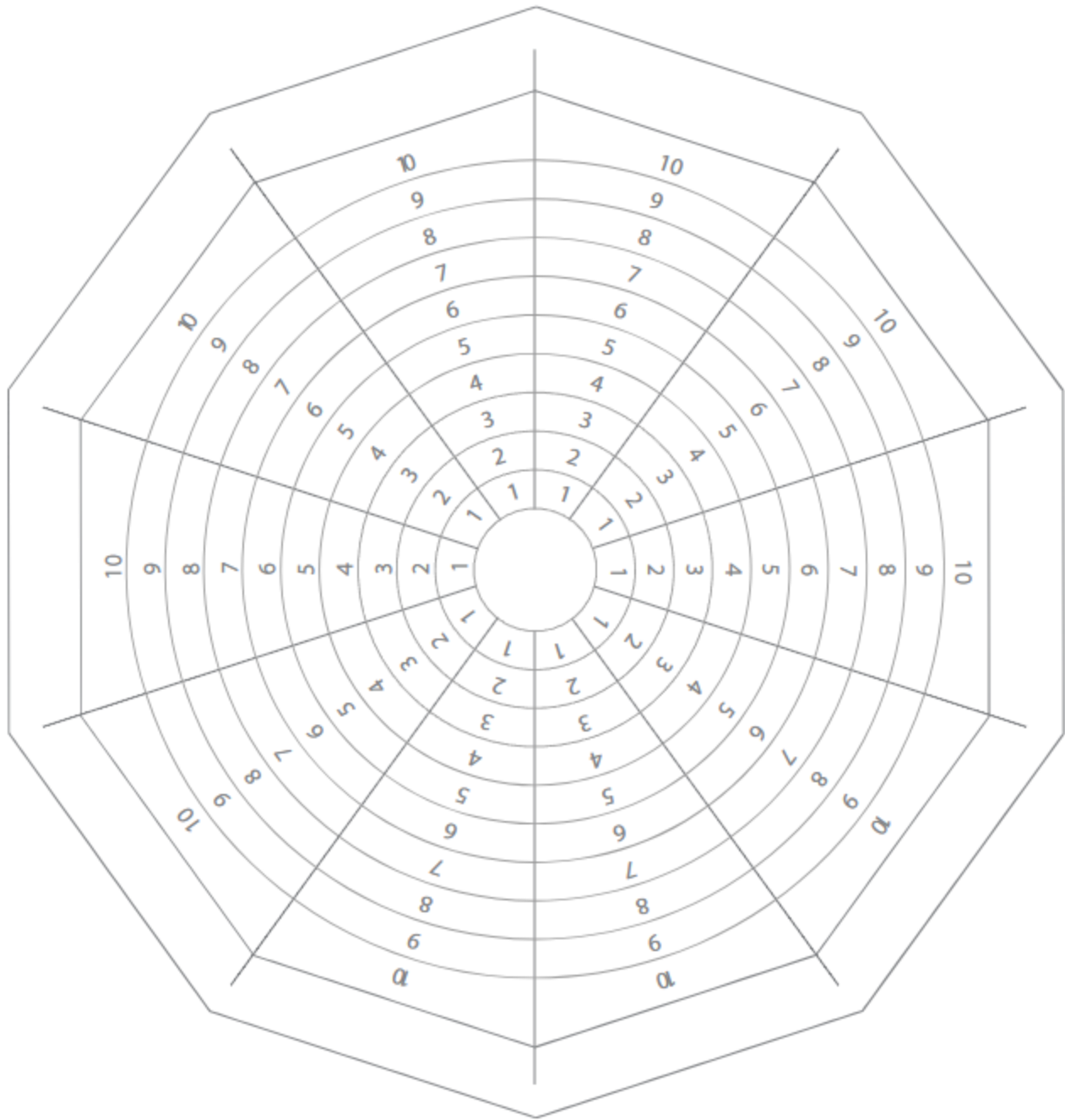
- Health & Fitness
- Nutrition
- Career & Work
- Money & Finance
- Fun & Recreation
- Environment
- Community
- Family & Friends
- Partner & Love
- Growth & Learning
- Spirituality

Step 1: Enter the names of your most important life domains in the outer rim of the empty wheel.

Step 2: Rate your level of satisfaction in the areas you have labeled on the wheel. Number 1 means that you are not satisfied at all and 10 means you are highly satisfied. Simply highlight the line that corresponds with your level of satisfaction.

Step 3: Connect the lines to form an inner wheel. The new perimeter represents the wheel of your life. *If this were a real wheel, how bumpy would the ride be?*

Step 4: Reflect on your wheel of life.



Reflect: What areas are you satisfied with? What areas would you like to see enhanced?
Remember, this is not about getting 10s! It's about a smoother ride.
