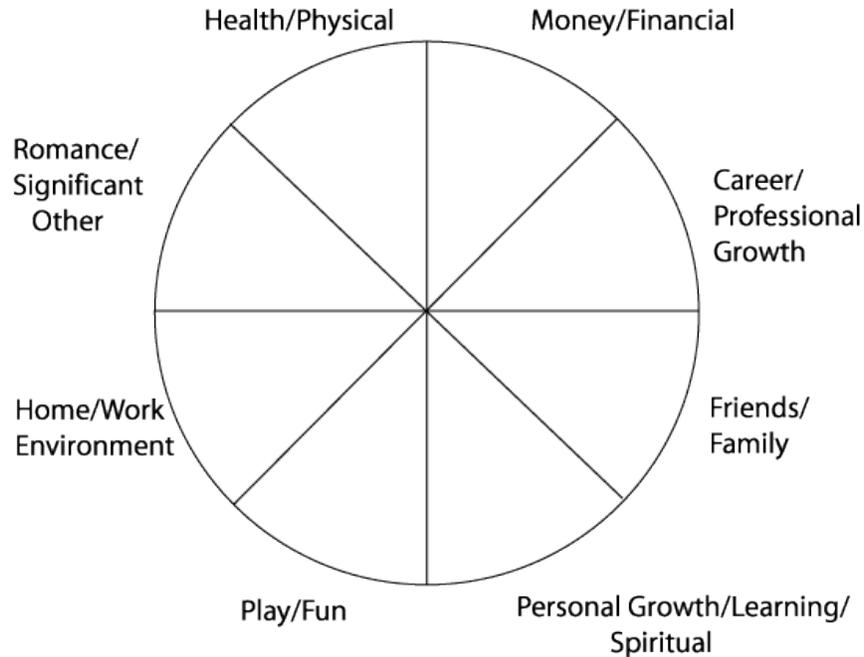


The Wheel of Life Exercise

NAME: _____ DATE: _____

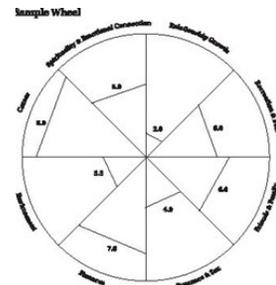
Wheel of Life Chart



WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- ☀ Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- ☀ Next, taking the center of the wheel as 0 and the outer edge as 10, rank 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'. Is it a bumpy ride?



Rate each category on a scale of 0 to 10:

- 10 – **Completely satisfied/fulfilled.** You couldn't be more satisfied with where you are at this point in your life. You are right on track.
- 5 – **Middle of the road.** It's OK, but there are many changes that you could make here.
- 0 – **Completely Unsatisfied.** You'd be much happier if everything about this category was completely different. No fulfillment in this area.

_____ **Career/Professional Growth** – Consider your career selection, direction and current work.

_____ **Friends** _____ **Family** – These are split into two categories; rank each separately

_____ **Personal Growth/Learning/Spiritual** – This could include intellectual and/or spiritual growth

_____ **Play/Fun** – This includes what re-creates your energy or spirit

_____ **Home/Work Environment** – Consider your home and work environments (and vehicle and wardrobe if you wish). How do these contribute or detract from your sense of satisfaction? Consider clutter, cleanliness and other factors such as color and décor that affect your sense of wellbeing.

_____ **Romance/Significant Other** – How satisfied are you with the relationship you have or don't have? Note, you may be completely satisfied even if you aren't in a significant/romantic relationship

_____ **Health/Physical** – How healthy are you? Consider weight, level of fitness, energy levels, diet, health awareness, being up-to-date on exams, etc.

_____ **Money/Financial** – Consider income, savings, retirement, debts, and spending habits

Adapted from Goal Setting: Strategies for a Balanced Life. Diane M. Eade.

Once you've completed the Wheel of Life, stand back and take a look at it. Consider the following questions as you do that:

1. What surprises you about this?

2. What are you learning and noticing?

3. How is the overall flow of your life right now...is the wheel bumpy or smooth?
In other words, how does it all balance?

4. What would a 10 look like in any of these areas?

5. What area do you want to focus on for the coaching session?

9/16/13