

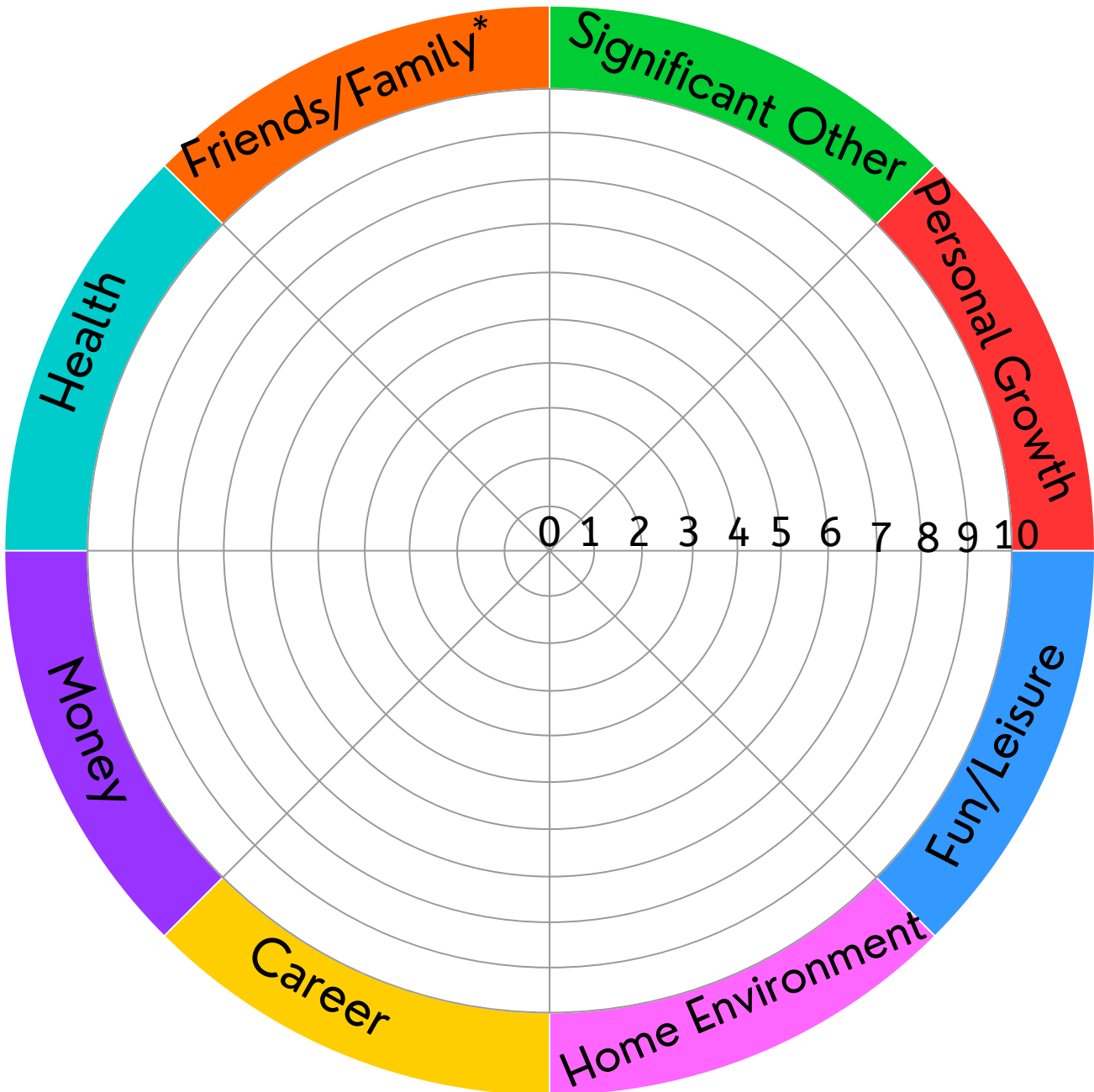
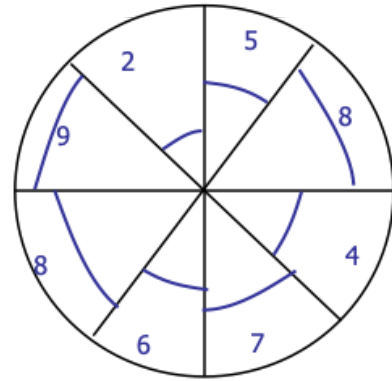


# WHEEL OF LIFE

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

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

EXAMPLE



# How To Complete The Wheel

1. Review the 8 Wheel Categories - think briefly what a satisfying life might look like for you in each area.

2. Next, draw a line across each segment that represents your satisfaction score for each area.

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example above)

**IMPORTANT:** Use the FIRST number (score) that pops into your head, not the number you think it should be!



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# Ask Yourself...

1. Are there any surprises for you?
2. How do you feel about your life as you look at your Wheel?
3. How do you currently spend time in these areas? How would you like to spend time in these areas?
4. What would make that a score of 10?
5. What would a score of 10 look like?
6. Which of these categories would you most like to improve?
7. How could you make space for these changes in your life?
8. What help and support might you need from others to make changes and be more satisfied with your life?
9. What change should you make first? And what change do you want to make first?
10. If there was one key action you could take that would begin to bring everything into balance, what would it be?



# Take Action!

- To wrap-up the exercise, identify one action for each area, and then pick 1-3 actions to get started.
- Choose the 3 areas you most want to work on and identify an action for each: "What is the smallest step you could take to get started?"



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