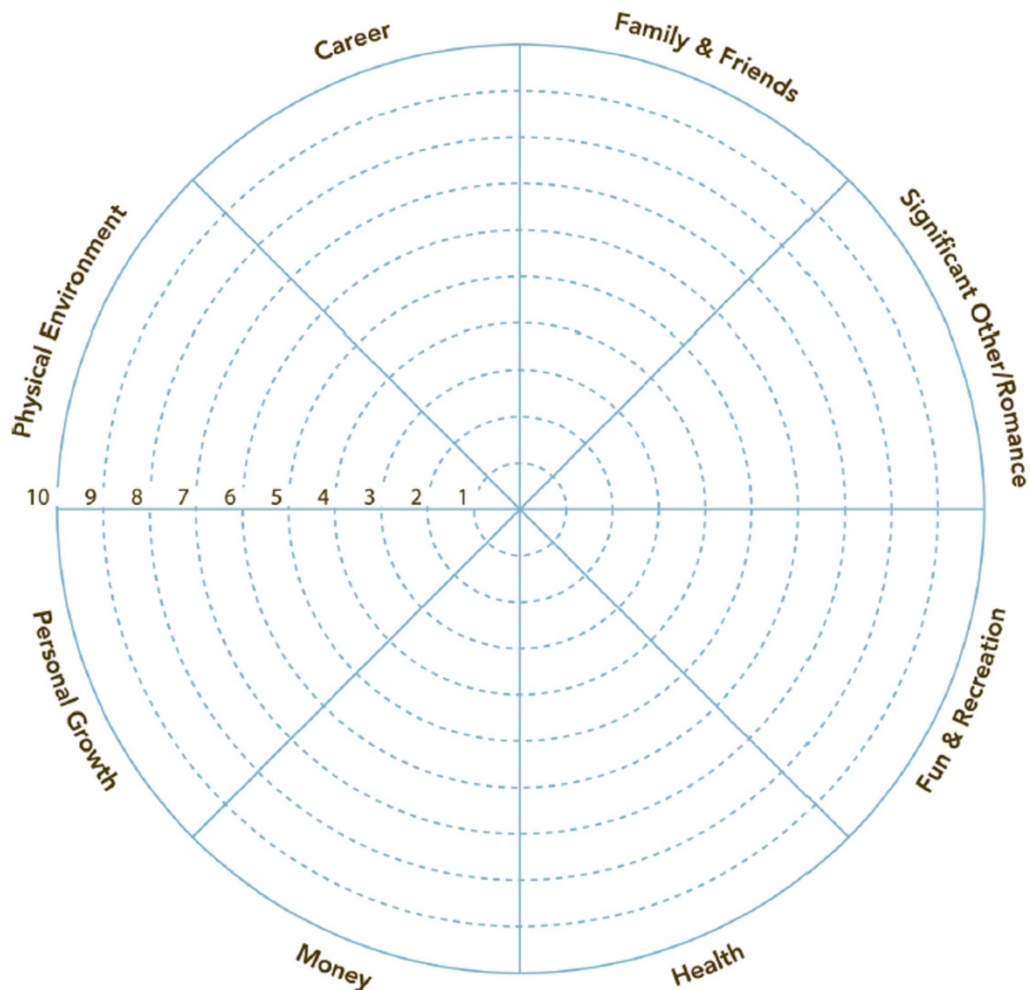




Wheel of Life



The Wheel of life is a way of evaluating your level of satisfaction where you are currently and to help you visualize and determine areas of growth. The wheel has been pre-labeled with the eight most common areas people consider that are important for a successful and satisfying life. Feel free to use the eight most common categories or replace with your own.

Identify your level of satisfaction for each area and mark that on your life wheel. The center of the wheel is 0 (very dissatisfied) and the outer edge 10 (fully satisfied). Color the field corresponding to the number you've chosen for a certain area.



The most common subdivisions are:

1.) Health: How do you feel about your physical body? Are you satisfied with your current health status? How much do you invest in your health? Do you regularly exercise? How is your energy level? How about your sleep routine? How healthy is your current diet?

2.) Physical Environment: How do you feel about your environment? Does it give or take energy? Does it cause stress? Think about relatives, colleagues, neighbors.

3.) Career: How much satisfied are you with your current career? How are performing at your daily duties and projects? Some other things you might consider in this category: Career strategy, Work-Life Balance, Time investment, and Social status

4.) Significant Other/Romance: How satisfied are you with the romantic relationships in your life? Are you effectively communicating? Working together as a team? How is the sexual chemistry? Do you still date/flirt/enjoy spending time together?

5.) Personal growth: How important is the process of self-development for you. How satisfied are you with the level of your personal growth? Do you invest enough time in it? Some other aspects you can include in this investigation are education, training, coaching, reading, spiritual development.

6.) Money: How important is money for you? Are you satisfied with your current financial status?

7.) Family and Friends: when it comes to identifying the balance in the relationships you have to identify how fulfilled and satisfied you are with the people around you. How is the quality of your relationship(s)? And how you are managing them in your life? Do you spend enough time with your family, kids, friends?

8.) Fun & Recreation: How satisfied are you with your current work/life balance? Do you have enough time for your hobbies? Is there anything you would like to do what you haven't yet?

Some other Wheel of Life categories:

Attitude, Mental State, Lifestyle, Creativity, Spirituality, Life Vision, Emotional Well-being, Contribution to society

