



## How to Use This Tool:

### 01. Define Areas of Life:

Start by identifying the 8 most important areas of your life that you want to assess (or use the default labels already filled out). This could include things like family, career, health, finances, personal growth, and so on.

### 02. Rate Your Satisfaction:

For each area, rate your current level of satisfaction on a scale from 1 to 10. With 1 representing not satisfied at all, and 10 representing completely satisfied.

### 03. Analyze Your Wheel:

Examine the completed Wheel of Life. If your wheel were a real wheel, would it be balanced or would it have a bumpy ride? The areas where the wheel is most out of balance are the areas where you are least satisfied and may want to focus on improving.

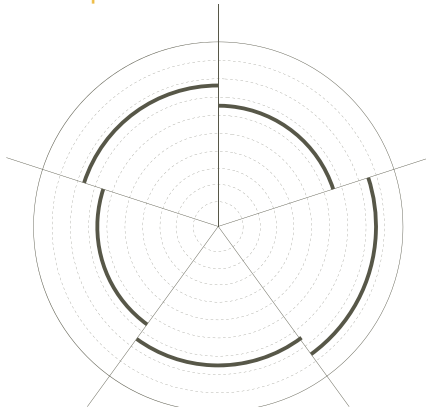
### 04. Set Goals:

For the areas you've identified as needing improvement, set specific, achievable goals. What could you do to increase your satisfaction level in this area?

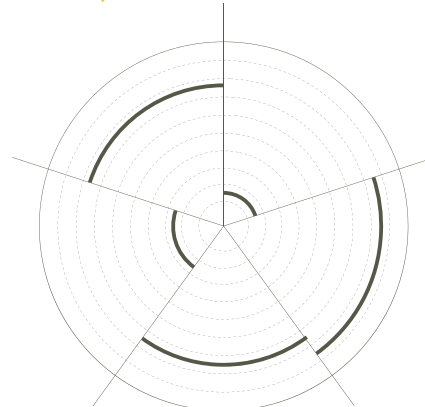
### 05. Review Regularly:

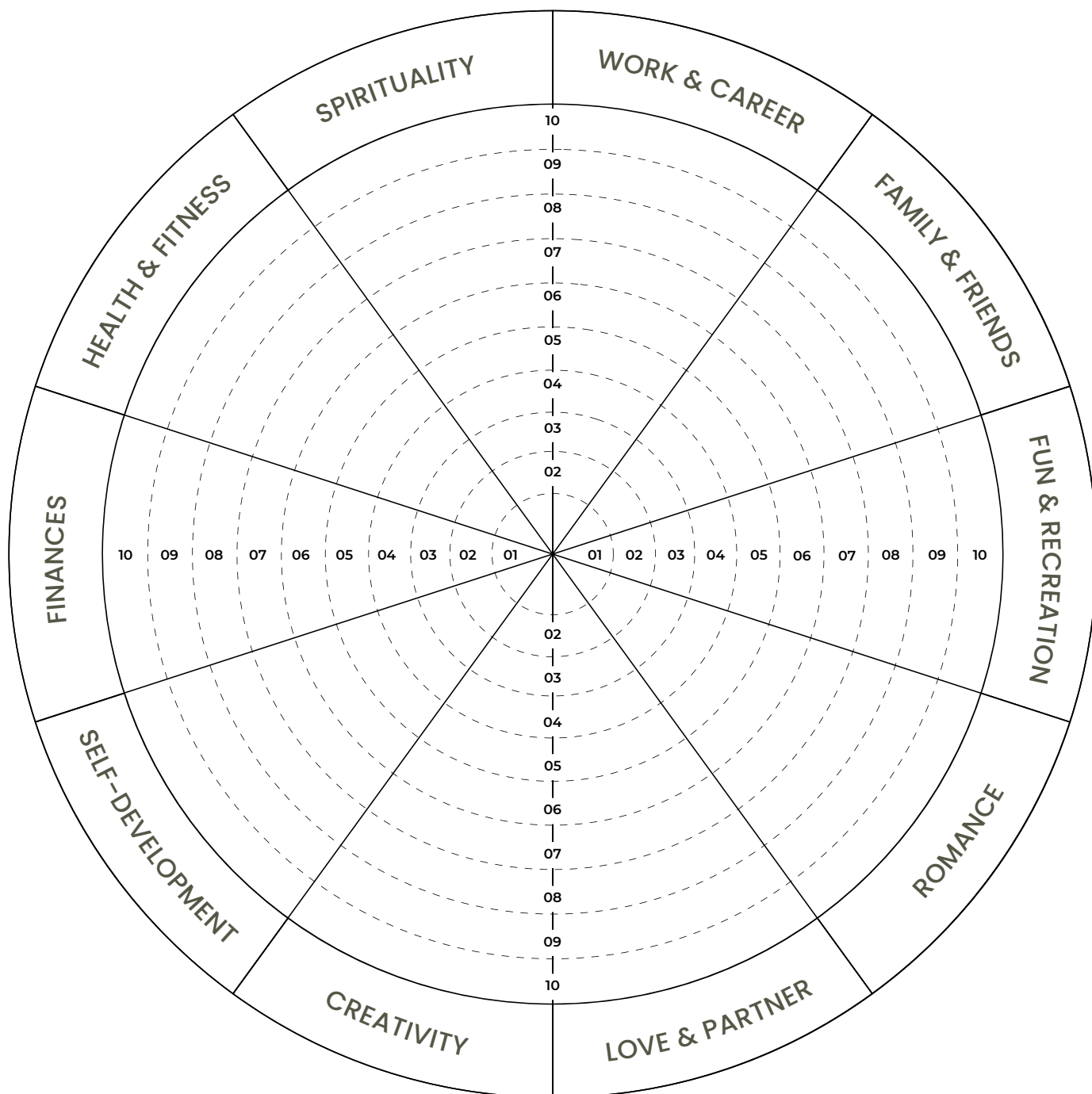
Life changes and so do your priorities and satisfaction levels. Review your Wheel of Life regularly, adjusting your goals and actions as necessary to continually strive for a balanced, satisfying life.

Example of a Well Balanced Wheel



Example of an Unbalanced Wheel





**Instructions:**

- 01. Mark your score in each of the categories on a scale of 1 to 10.
- 02. Use the worksheet on the next page to analyze your wheel.

### Part 02: Analyze your wheel of life:

01. How satisfied are you with your life, when you look at your wheel? Why?

02. How do you currently spend time in each of the areas?

03. How would you like to spend your time in each of the areas?

04. Pick one or two areas of your life, that you'd like to focus on. What actions do you think you'd need to take to shift the score in those areas to 10?

05. How would these changes positively impact your life? (short and long term)

06. If you do not change anything, what are the long term consequences?