

Wheel of Life Exercise

Choose up to 8 areas in your life that you would like to focus on. For each area write things about that topic that you currently do that makes you happy/fulfilled and things that you would like to do better or change.

Personal-

Self Care-

Health-

Family-

Relationships-

Friends-

Romance-

Spiritual-

Fun-

Travel

Business/Career-

Financial-

_____ -

_____ -

WHEEL OF LIFE

Up to 8 of your chosen areas from above will be represented below by it's own pie piece. Write your chosen areas on the outside of the circle/pie piece. For each area think about your current level of satisfaction from 0-10 (0 - lowest [inside of circle] & 10 – highest [outside of circle]). Focusing on one area at a time, draw a line across the pie at your chosen level and color it in towards the center (making a pie shape). On the empty, outside lines in that area, write things you can do to increase your satisfaction level closer to a 10. Do this for each area of your life. When you are done, notice the symmetry of your wheel. Can you imagine riding a bike with a wheel like this? Would it be a bumpy ride or nice and smooth?

