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Wheel of Life Activity

**BOOK A FREE CALL TO LEARN MORE ABOUT
CREATING A BALANCED LIFE.**

Book a free call.



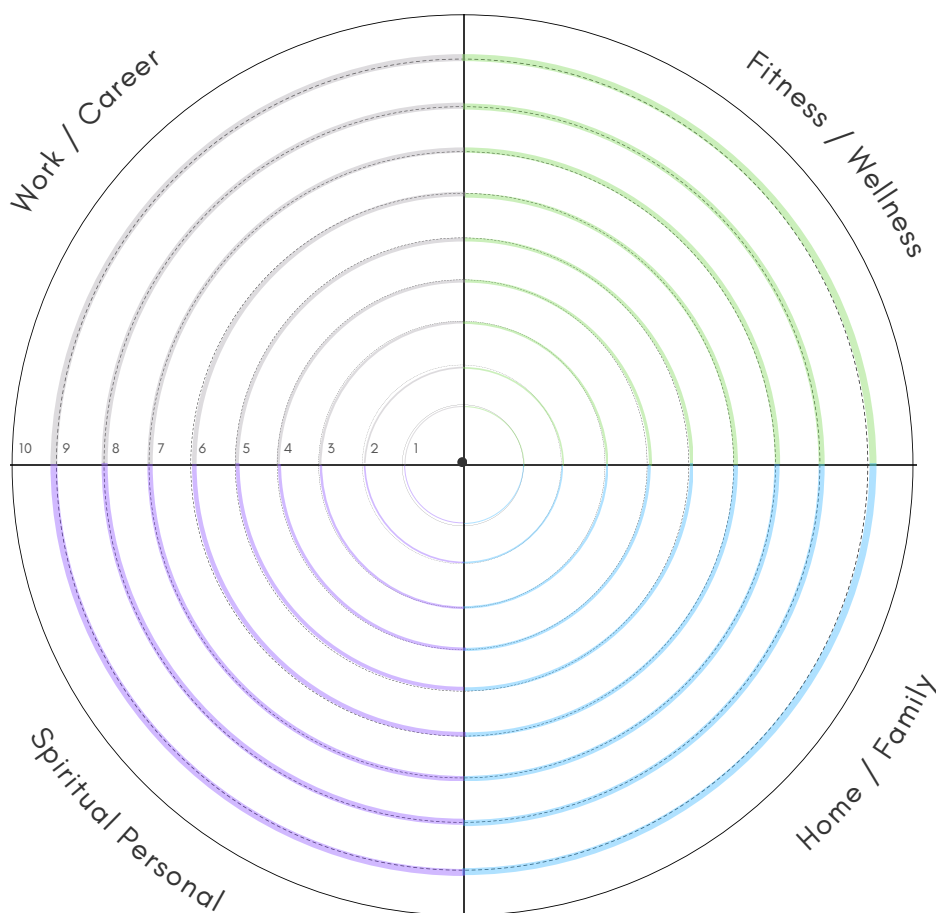
WHEEL OF LIFE

DATE:

WHEEL OF LIFE INSTRUCTIONS

1. Review each of the categories and think of what a satisfying life might look like for you in each area.
2. Draw a line across each segment that represents your satisfaction score for each area.
3. Choose a value between 1 (dissatisfied) and 10 (fully satisfied) and draw a line on each spoke, that corresponds to your satisfaction value.

WHEEL OF LIFE - PRODUCTIVITY



WHEEL OF LIFE

DATE:

01. What category to you want to start with?

02. If you gave a score of more than 0, what do you contribute that number to? Start with what your doing right.

03. Now look at the gap between the score you have and a perfect 10. What is missing there?

04. What small step or change in your life would have a significant impact on bringing your score up by 1 point?

Work & Career

WORK & CAREER GOALS

STEPS

-
-
-
-
-
-
-
-
-

I'M GRATEFUL FOR

WORK & CAREER MOOD



Fitness & Wellness

WORK & CAREER GOALS

STEPS

-
-
-
-
-
-
-
-
-

I'M GRATEFUL FOR

FITNESS & WELLNESS
MOOD



Spiritual Personal

WORK & CAREER GOALS

STEPS

-
-
-
-
-
-
-
-
-

I'M GRATEFUL FOR

SPIRITUAL PERSONAL
MOOD



Home & Family

WORK & CAREER GOALS

STEPS

-
-
-
-
-
-
-
-
-

I'M GRATEFUL FOR

HOME & FAMILY MOOD



WHEEL OF LIFE

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Identify an activity for each category that when completed, will change your level of satisfaction in that area?

CAREER

FAMILY & FRIENDS

ROMANCE

FUN & RECREATION

HEALTH

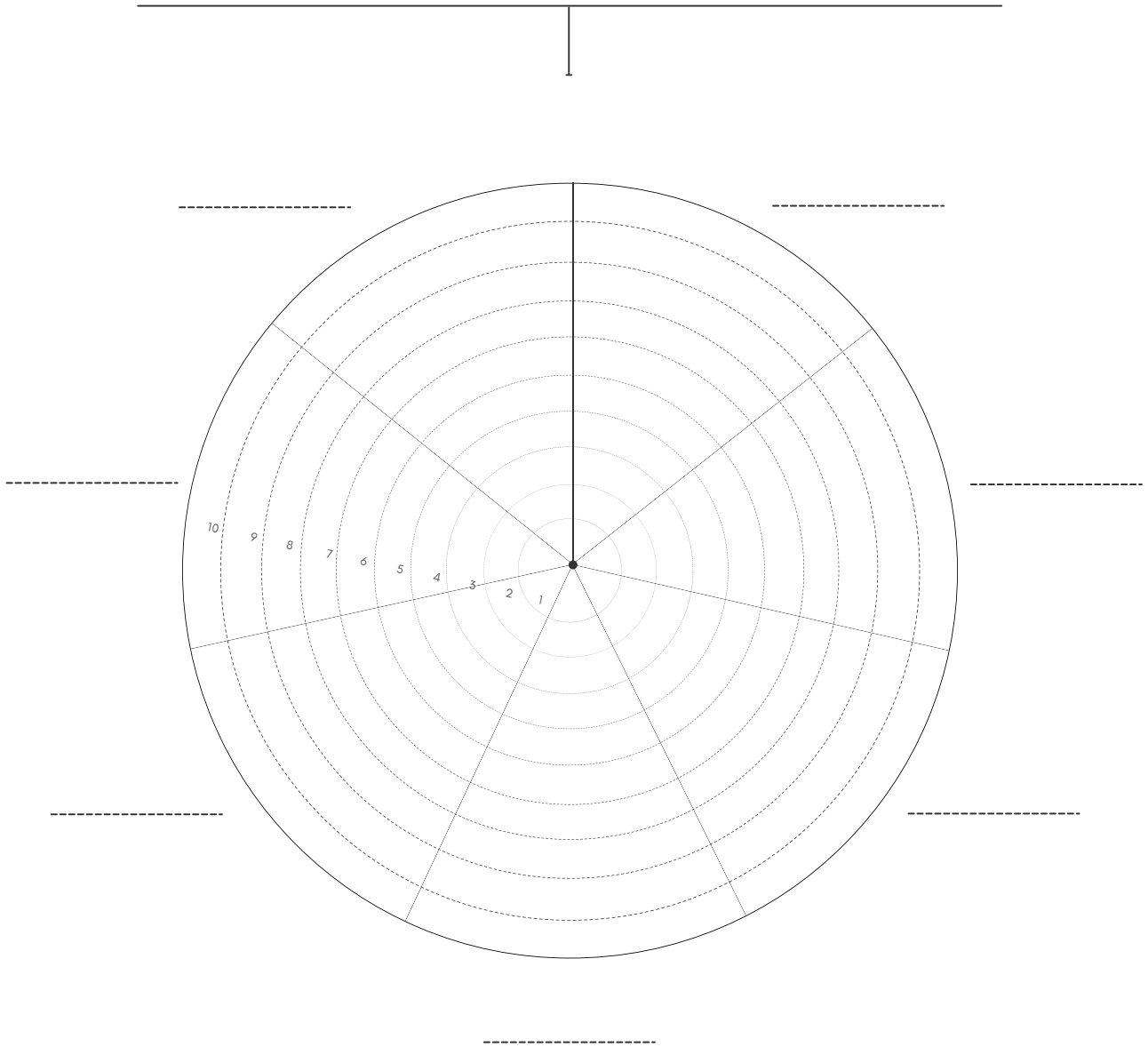
MONEY

PERSONAL GROWTH

PHYSICAL ENVIRONMENT

DATE:

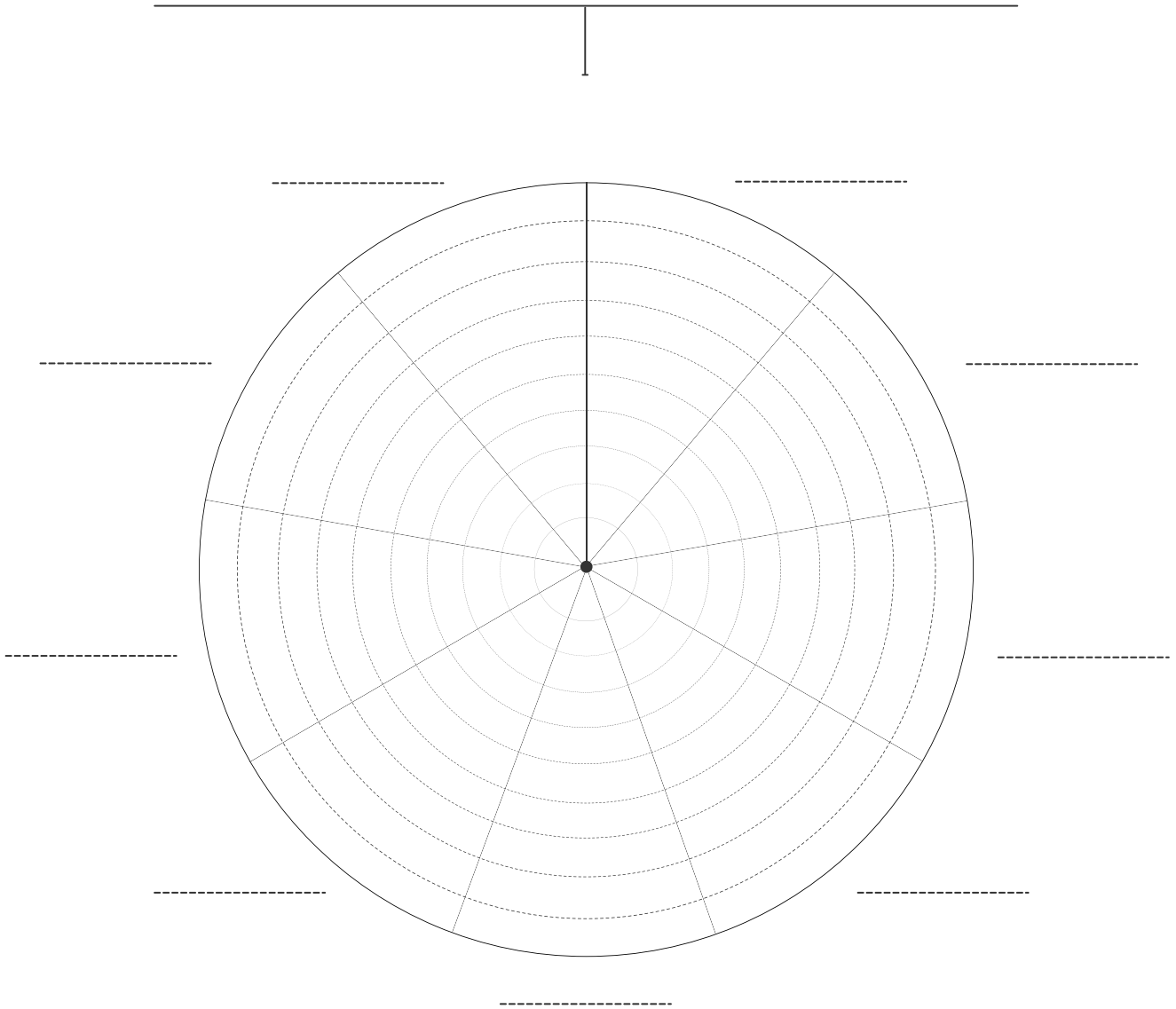
CREATE WHEEL OF LIFE



7-SPOKE WHEEL

DATE:

CREATE WHEEL OF LIFE



9-SPOKE WHEEL