

# Wheel of Life Instructions

**1.** Choose your areas of focus on your life wheel. I have included a wheel with these areas:

**Health:** Your physical health and well-being and emotional health.

**Relationships:** Relationship, family, and friends.

**Financial:** Your ability to manage your money effectively by investing, budgeting, and saving.

**Professional/Career:** Your feelings towards your career and work atmosphere. Does your work give you joy? Is it something you enjoy or do you feel like you need to change something?

**Personal Growth:** Can include many areas: positivity, socialness, achieving goals, fitness, ect.

**Environment:** The environment and the people in those environments including family, friends, work, etc.

**Fun/ Recreation:** Balance between work and family

**Attitude:** This is your ability to be happy and positive towards work, friends, family, etc.

**2.** If you want to change the focus areas you can use the blank wheel and add in different categories.

Some ideas for additional areas you can choose:

- Mental State
- Creativity: What you are doing to enhance the level of your creativity? Are you utilizing it in a proper way? How could you become more creative?
- Contribution
- Lifestyle
- Social: Includes religious/spiritual communities and other group activities.
- Spirituality: This can be its own category or simply the driving force behind all of your Areas of Focus.

**3.** Go through and give a 1-10 rate for each category where 10 is excellent and achieving mastery, and 1 is you couldn't be doing any worse. Think about these questions as your work through the Wheel of Life.

- **Health:** How do you feel about yourself? Are you satisfied with your current health status? How much time do you put into your health? Do you exercise regularly? Is you're your energy level

high? Do you have a good sleep routine? Do you have a healthy diet? Do you have fitness and health goals you work towards?

- **Relationships:** How fulfilled and satisfied you are with the people around you? Quality of your relationship(s)? Are you able to manage and balance them in your life? Do you spend enough time with your spouse, family, partner, kids, friends, etc?
- **Financial:** How important is money for you? Are you able to manage your money effectively by investing, budgeting, and saving? Are you pleased with your current financial status?
- **Professional/Career:** How much satisfied are you with your current career? Does your work give you joy? (Might consider: Career strategy, Work-Life Balance, Time investment, and Social status)
- **Personal Growth:** How important is the process of self-development for you. Are you satisfied with the level of your personal growth? Do you invest enough time in it? Consider: education, training, coaching, reading.
- **Environment:** How do you feel about your environment? Does it give or take energy? Does it cause stress? Think about relatives, colleagues, neighbors.
- **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 done yet?
- **Attitude:** How often do you see the positive in things? Do you focus more of positives than negatives? Do you surround yourself with positive people?

#### 4. Reflect on each area and your score

The scores offer you the chance to think about all areas of your life. The following questions should help you to dig deeper and truly reflect on your life.

- Why did you give yourself such a low score on this category?
- What score would you like to accomplish following a month, following 3 months, following a half year and following a year?
- What is the perfect score for that exact category?
- Which category should you focus on first?

#### 5. Determine two or three actions you can take to make improvements in the areas that you had the lowest scores in.

##### **Scores ranging from 8 to 10:**

You are extremely satisfied in that category. Maintain this goal but you can always work for even more improvement.

##### **Scores ranging from 5 to 7:**

You are somewhat satisfied with this category; however, there is an opportunity for growth

**Scores ranging from 1 to 4:**

You're not happy about this specific area of your life. Think about and find approaches to improve and grow.

## **6.** Set at Goal

After seeing the results, what is your goal to achieve in each category next time? List steps to achieve your goal and how you are going to improve. Write an ideal score you would like to achieve to work towards. If you want to take on a larger goal you can set a new goal for each area and work to improve your overall well-being.

## **7.** Time for Action

Set a time when you will retake the quiz to see if you have made progress. Repeat process.

# Wheel of Life Assessment

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