

## **Wheel of Life Assessment**

Date:

Conduct your own Wheel of Life Assessment to get an overview of the balance that currently exists between each of the key areas in your life.

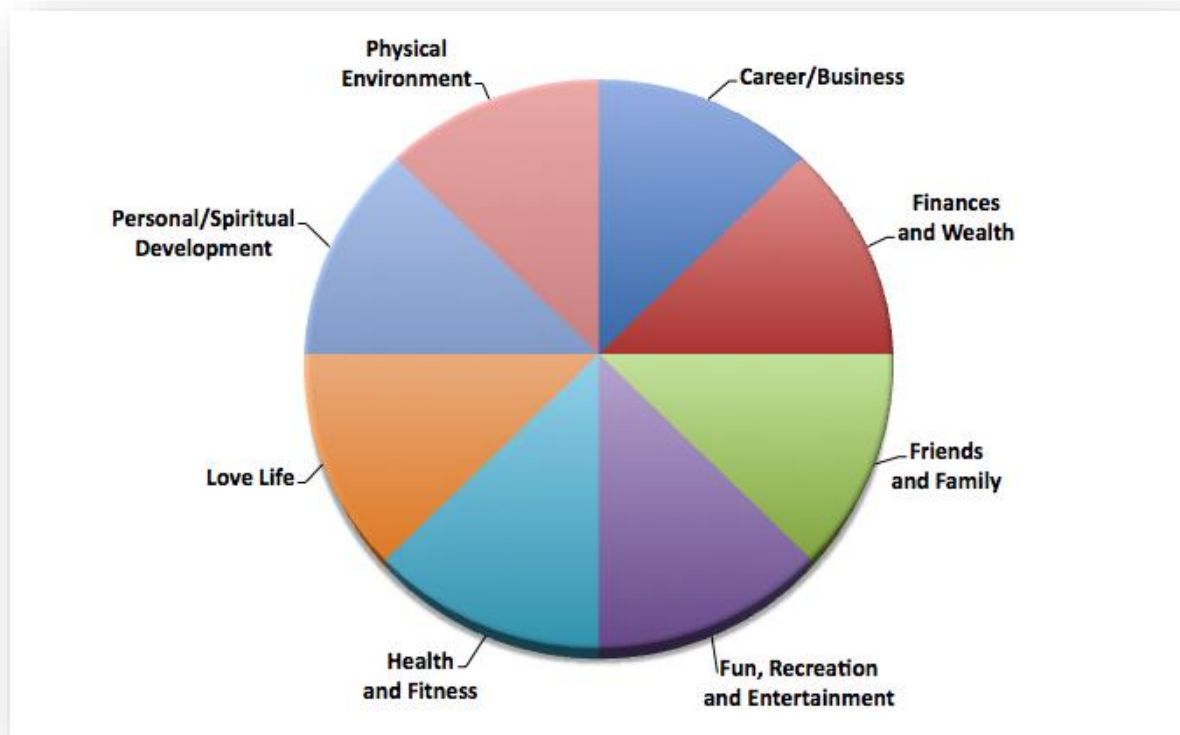
The key areas considered include:

1. Career/Business (what you do with your time to make money)
2. Finances and Wealth (managing your money)
3. Friends and Family (important platonic relationships)
4. Fun, Recreation and Entertainment (guiltless, earned pleasure)
5. Health and Fitness (exercise and nutrition)
6. Love Life (significant other)
7. Personal/Spiritual Development (things you want to develop just for you)
8. Physical Environment (your physical location – house, city, state, country)

### **Instructions**

1. Rank your level of satisfaction within each area of your life by drawing a single point in each of the 8 segments of the circle displayed on the next page. When plotting your point consider that the centre of the wheel = POOR and the outer edge = EXCELLENT.
2. Once you have ranked each segment, draw a line connecting each of the points. The new perimeter represents your Wheel of Life.

## Wheel of Life



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1. Describe what kind of ride it would be if this were a real wheel...

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2. List any life areas that you think you need to work on.

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## Wheel of Life

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### 3. What would you need to do to improve each life area?

Career/Business

Finances and Wealth

Friends and Family

Fun, Recreation and Entertainment

Health and Fitness

Love Life

Personal/Spiritual Development

Physical Environment

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