

LIFE WHEEL

TODAY'S DATE: _____

COMPLETE THE WHEEL (ON THE NEXT PAGE):

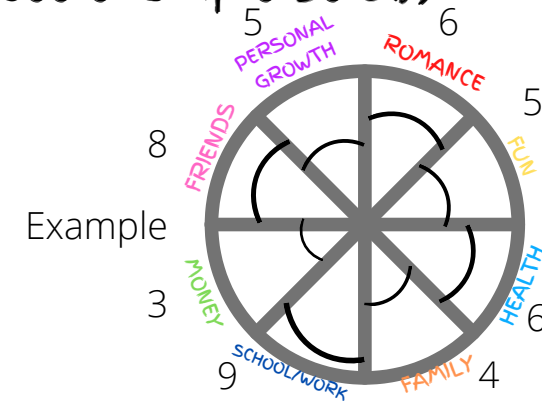
1. Review the 8 wheel Categories - think briefly about what a satisfying life might look like for you in each area.

- The center of the wheel is 0 and the outer edge is 10

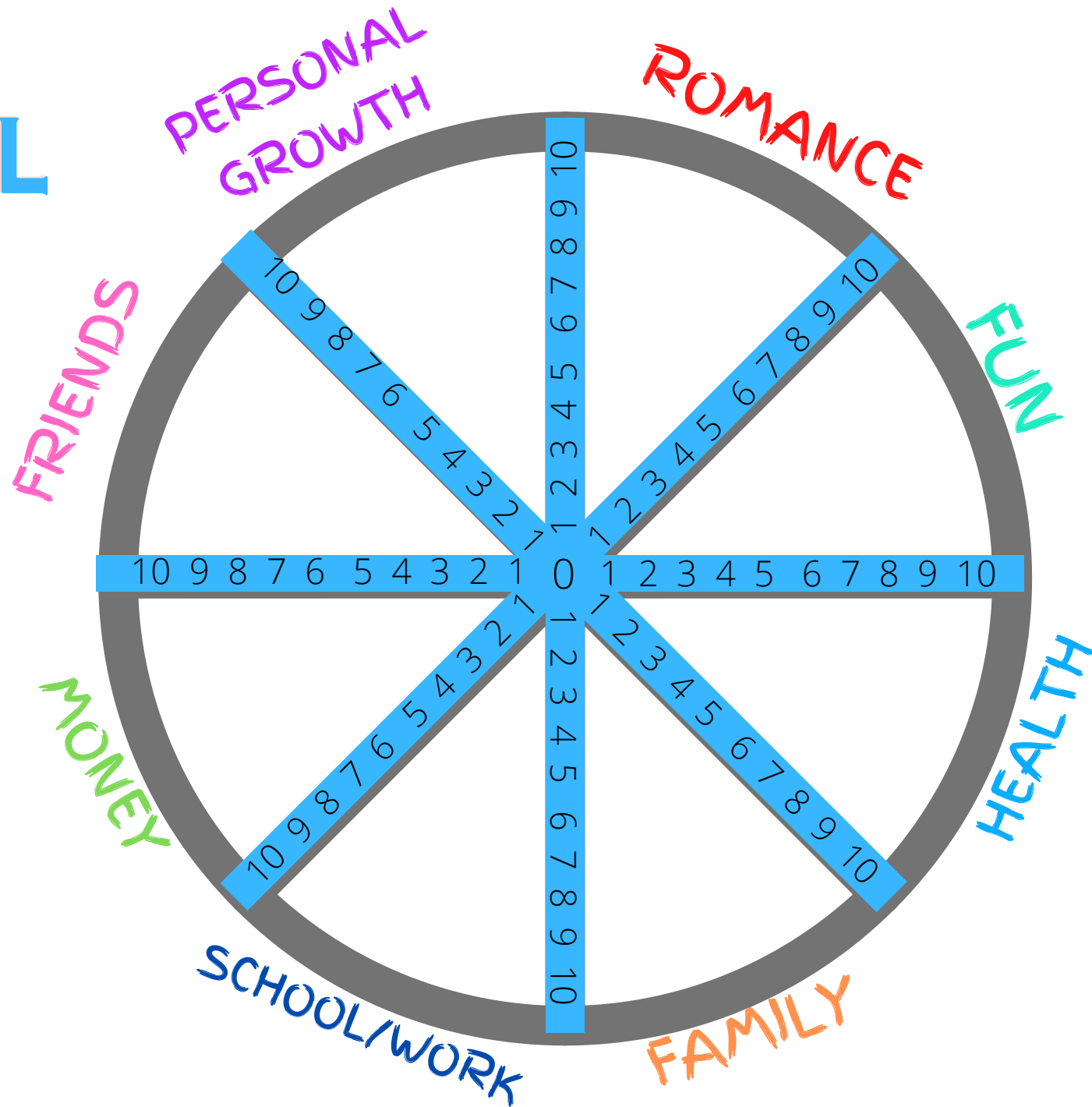
Choose a value between 1 (very dissatisfied) and 10 (fully satisfied) for each category

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!

2. Next, draw a line across each spoke of the wheel that represents your satisfaction score for each area, and write the score next to each category (see example below)



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QUESTIONS TO ASK YOURSELF

1. When looking at your wheel of life is there anything surprising to you?
2. How do you feel about your life as you look at your wheel?
3. Which of these categories would you most like to improve?
4. What would make that area a score of 10?
5. Have you ever been higher than the number you recorded in that area? If so, what was different when you were higher up the scale?



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MORE QUESTIONS TO ASK YOURSELF

6. What was actually happening in your life when you were higher up the scale?

7. Have you ever been lower on the scale than the number you recorded?

8. If so, what did you do to move up the scale?

9. What is currently holding you back from having a score of 10 in that area?



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MORE QUESTIONS TO ASK YOURSELF

10. What help and support might you need from others to get through what's holding you back?
11. What is one small change you are willing to commit to doing today that will get you one score higher in that area?
12. How could you make space for this small change in your life? When will you do it and how often?
13. When will you know it's time to add another small change toward your goal?