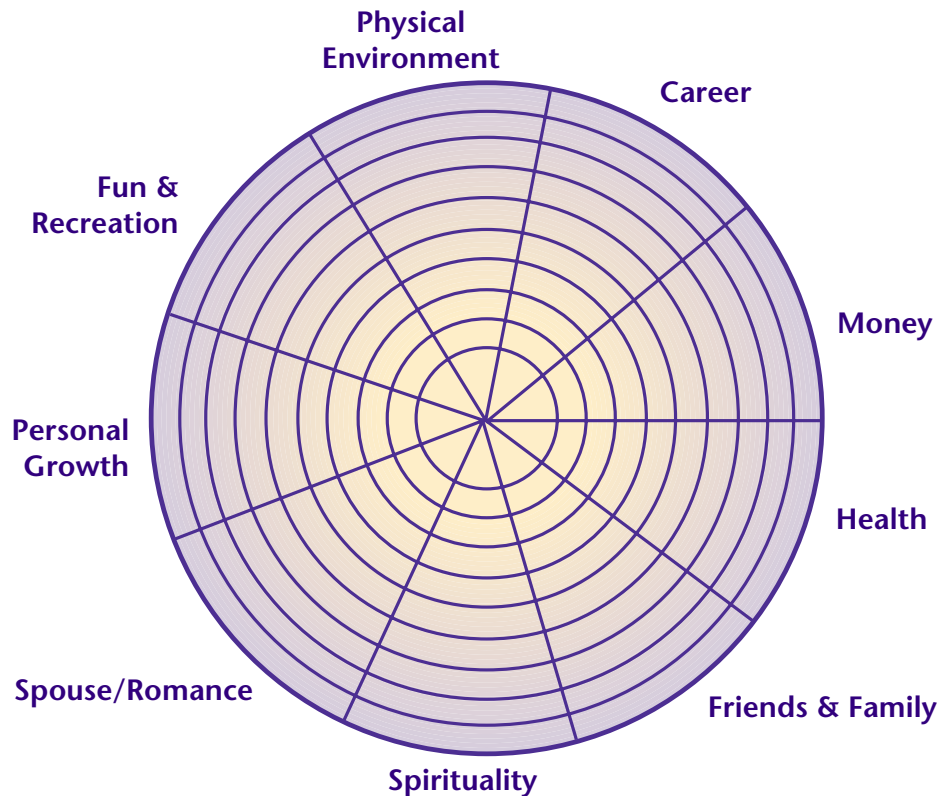


THE WHEEL OF LIFE

DIRECTIONS

The Wheel of Life helps you get a clear picture of where your life is working well and where it may be unsatisfactory or out of balance. To see how the various aspects compare, rate your satisfaction in each of the nine areas of the wheel, with the center being a zero and the outer circle a 10. Use a marker to darken the arc in each section that represents where you rate that section today. If you'd like some guidance, you will find questions listed below to start your thinking. You do not need to answer them, nor be limited by them.

How smoothly does your wheel turn? You can use your results to identify goals for making changes.



Physical Environment

Do I like where I live?
Is my home a comfortable place for me?
Do I wear clothes I like?
Is my car in good condition?

Career

How rewarding is or has my work been?
Does it reflect my values?
Is there a new job or new skill sets I'd like to develop?

Money

Do I have enough money/reserve and live within my means?
How wisely do I spend money?
How wisely do I save it?
Do I have a financial plan or professionals who can assist me?

Health

Do I have any areas of concern?
Do I get enough exercise?
Do I make healthy choices with what I eat?

Friends and Family

Do I have a circle of friends/family with whom I share mutual love and appreciation?
Do I spend enough time with friends/family? Not enough?
Do I have a sense of community where I live?

Spirituality

What inspires me?
Do I have a daily practice?
Do I spend time alone?

Spouse/Romance

Do I have/want a best friend/soul mate?
Do we share values? intimacy? interests?
Do I have a great relationship that just needs to be nurtured?
Is there anything unresolved that I need to pay attention to?

Personal Growth

What do I have real passion for?
What have I always wanted to do or be?
Am I doing anything that moves me closer to my desires?
Am I open to self discovery?

Fun and Recreation

How long has it been since I've done something fun?
What gives me joy? What's relaxing?
Do I get enough exercise?