



# Life Wheel for \_\_\_\_\_

Your name

Date: \_\_\_\_\_

It's useful to periodically assess your satisfaction with the various parts of your life. Choose 6-8 labels to denote your life wheel. They will appear as pie wedges. Then color in the level of satisfaction with each wedge with 0 (unsatisfied) at the center of the circle to 10 (highly satisfied) at the outer edge of the circle. This gives you a quick look at all parts of your life in pie graph form. If you have high satisfaction in all areas, your wheel would be fully colored in although that is not a realistic goal. This tool helps you focus on what matters to you today.

Suggestions for labeling your wheel might include, career, work, recreation, travel, hobbies, spirituality, relationships, health, exercise, relaxation, intellectual, learning, family, social, creative expression, financial

Annually or periodically do another life wheel keeping the same labels for each segment and compare changes toward more or less satisfaction. What needs attention?

