

Wheel Of Life Instructions

Balance is unique to everyone. What might be happy or balanced for some may be stressful or chaotic for others. This exercise is designed to assist in raising your awareness as well as allows you to plan a life that is more satisfying and closer to your definition of balance while providing you clarity from your stress and confusion.

How To Use The Wheel of Life:

1. Review the 8 categories on the wheel. You may change any category accordingly to make the wheel of life more meaningful for you.
2. What would success of satisfaction feel like for each area?
3. For each category rank your level of satisfaction from 1-10. 1 being Extremely Unsatisfied and 10 being Extremely Satisfied.
4. Do you find that your wheel is a bumpy ride?
5. When looking at your wheel of life:
 - Are there any surprises for you?
 - How do you feel about your life as you look at your wheel?
 - How do you currently spend time in these areas? And how would you like to spend time in these areas?
 - What would make a score of 10 where a score was lower than 10?
 - What would a score of 10 look like?
 - Which one of the categories would you most like to improve?
 - How could you make space for these changes in your life?
 - What help, and support might you need from others to make change and be more satisfied with your life?
 - What change should you make first? And what change do you want to make first?
 - If there is one key action that you could take to bring everything into balance, what would it be?
6. To take the exercise a bit further – Identify one action for each category, and then pick 1-3 actions to get started. If you are feeling stressed or overwhelmed, ask yourself... “What is the smallest action step I can take to get started?”

Your Wheel Of Life



Your Name: _____

Today's Date: _____

