

The Wheel of Life®

On a scale of 0 to 10 (with 10 on the outside rim being highest and 0 in the center), mark your level of satisfaction on the line for each topic. Color in each section from your level of satisfaction to the center of the wheel to visualize your satisfaction levels.

Consider the following when answering:

Work/Career: Do you enjoy what you do? Do you feel like you are making a contribution to your community?

Family and Home: Are you happy with your home life? Are the relationships what you want?

Finances: Is your standard of living what you want it to be? Have you planned for your future? If you have children, have you planned for their education?

Personal Growth: Are you achieving your personal desires in terms of education and self-development? Do you take time for yourself?

Social and Cultural: Do you have friends who enrich your life and contribute to your sense of well-being? Do you have a confidant with whom you can discuss important matters? Do you have interests, outside of your family and career, in which you participate (e.g., sports, theater)?

Spiritual/Ethical: Is religion important to you? If so, are you content with the way you are practicing your faith? Do you believe in specific personal values? Are you living up to those personal values?

Fun and Recreation: Do you participate in activities that give you enjoyment? Do you take advantage of the recreational opportunities in the location in which you live?

Health and Fitness: Do you feel healthy? Do you exercise and eat the way you would like to?

