

# Wheel of Life



- 1** Identify the 8 most relevant categories in your life. Every individual is unique and facing unique circumstances; hence, the most influential categories of life will vary from person to person.
- 2** Label the eight sectors on the blank Wheel of Life according to the identified categories.
- 3** Think about each category and assign a score to it based on the level of satisfaction you derive from that category.
- 4** Each sector has been broken into 10 sections, the outermost being level 10 and the section closest to the center being level 1. Color or shade the sector up to the level of satisfaction that you identified in the above step.
- 5** Repeat the above step for all the sectors.
- 6** Once all the sectors of the circle are shaded depending on their satisfaction from each, using a marker or a thick pencil, draw an outline of the shaded area. The circumference of the shaded area is your Wheel of Life.

# Wheel of Life

Physical Environment

Financial Security

Family /Friends

Personal Growth

Career /Work

Health /Wellbeing

Romance /Relationship

Fun /Recreation

