

Rate each life area from 1 (very dissatisfied) to 10 (completely fulfilled). Then shade each spoke of the wheel to that number. The gaps in your wheel show where to focus first.

Career / Purpose

1	2	3	4	5	6	7	8	9	10
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*How meaningful and satisfying is your work or purpose?*

Health & Fitness

1	2	3	4	5	6	7	8	9	10
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*How well are you caring for your body and energy?*

Relationships

1	2	3	4	5	6	7	8	9	10
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*How nourishing are your close relationships?*

Finances

1	2	3	4	5	6	7	8	9	10
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*How secure and aligned are your finances with your values?*

Personal Growth

1	2	3	4	5	6	7	8	9	10
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*How much are you learning and evolving?*

Recreation & Fun

1	2	3	4	5	6	7	8	9	10
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*How much joy and play is in your life?*

Physical Environment

1	2	3	4	5	6	7	8	9	10
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*How supportive is your home/workspace?*

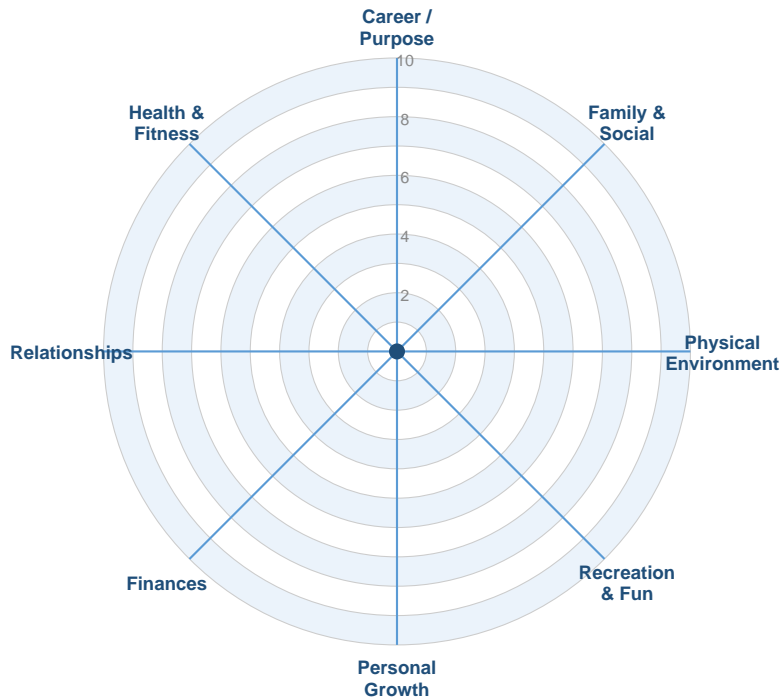
Family & Social

1	2	3	4	5	6	7	8	9	10
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*How connected and fulfilled are your family/social bonds?*

## Your Wheel of Life

Shade each spoke from the centre outward to your score. Step back and look at the shape. A lopsided wheel makes for a bumpy ride — that's useful information.



## Reflection

Which area surprised you most?

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Which area, if improved, would have the biggest ripple effect on your life?

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What one small action could you take this week in your lowest-scoring area?

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