

wheel of life

Directions: Color in each section of the wheel to reflect your degree of fulfillment with the center being zero fulfillment and 10, the outside, being 100% complete fulfillment.

Allow this to reflect a snapshot of your current experience of life; if there is a section you want to add or replace, please do (for example some may want to separate family & friends, or rename health “well-being” – make it your own!)

Ways to use the wheel:

- Notice which areas draw your attention to what’s needed now in your life
- Get curious as to why you ranked an area lower or higher. What has that be?
- We invite you to use a point system when considering actions or goals. For example, if you rated health as a 3, what would it take to move it to a 6? Or if you’ve ranked career a 7, what would it take to get it to an 8, or 9? The goal isn’t always to get to a 10.
- A low ranking doesn’t necessarily mean it must be focused on. Perhaps the area that’s calling you, you’ve scored an 8, and want to see what it would look like to get it to a 9.

Allow yourself to notice what comes up as you evaluate your life – what do you hear yourself telling yourself, where are you tempted to adjust the rating based on where you wish you were or think you should be, where does your mind go as you complete this exercise?

Bonus: evaluate your current time commitment in each area. Reflect on time spent, and fulfillment in various areas – where is there high correlation and low correlation? What do you notice based on that added layer?

