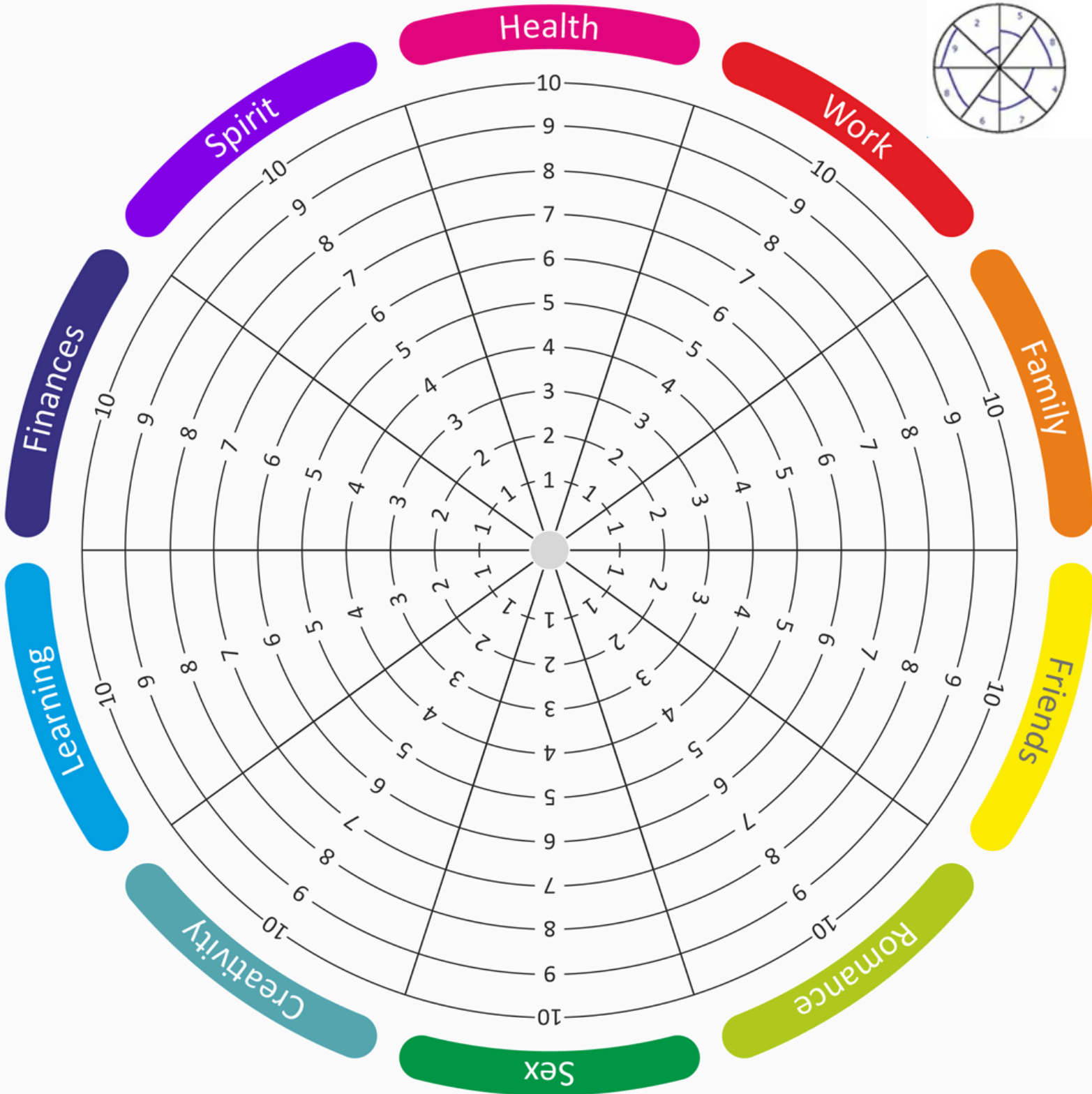


# WHEEL

DATE: \_\_\_\_\_

# OF LIFE

USING THE WHEEL OF LIFE, YOU CAN DETERMINE HOW BALANCED YOUR LIFE IS RIGHT NOW. USE THE CHART BELOW BY FILLING IN THE SECTIONS TO ASSESS HOW SATISFIED YOU ARE IN THE FOLLOWING AREAS OF LIFE.



# WHEEL OF LIFE ASSESSMENT

*Record your results here.*

/ /

Health \_\_\_\_\_

Work \_\_\_\_\_

Family \_\_\_\_\_

Friends \_\_\_\_\_

Romance \_\_\_\_\_

Sex \_\_\_\_\_

Creativity \_\_\_\_\_

Learning \_\_\_\_\_

Finance \_\_\_\_\_

Spirit \_\_\_\_\_

IN WHAT AREAS  
WERE THE RESULTS  
A SURPRISE?

HOW DO YOU FEEL  
ABOUT YOUR LIFE AS  
YOU LOOK AT THE  
WHEEL?

WHAT IS STANDING  
OUT TO YOU THE  
MOST?

WHICH OF THE AREAS  
WOULD YOU LIKE TO  
IMPROVE?

WOULD YOU NEED  
SUPPORT IN MAKING  
THIS IMPROVEMENT?  
WHAT KIND?

Date:

