

Self-Help Tools: Wheel of Life

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Source: *Paul J. Meyer*

The goal is to zoom out and get a clean picture of what matters most to you, where things are right now, and where you want them to be. Find a quiet moment, sit somewhere comfortable, and treat this as reflection time. There are no right answers.

Step 1: Set up the wheel

Draw a circle and split it into 8 to 12 slices. Label each with one category: Career / Work, Personal Projects, Health / Fitness, Partner / Love, Family / Friends, Money / Finances, Learning / Growth, Fun / Recreation, Spirituality, Community.

Step 2: Rate importance (1-10)

Write how important each category is to you right now. This is not how good it is. It is how much it matters.

Step 3: Mark current level (1-10)

For each slice, rate where you currently are. 1 = very dissatisfied, 10 = fully satisfied. Go with your first honest answer.

Step 4: Mark desired level (1-10)

Where would you realistically like to be in the next 3 to 12 months?

Step 5: Find the gaps

Gap = Desired minus Current. Look for: largest gaps, high importance + large gap (attention first), low importance + large gap (can sometimes wait).

Quick reflection:

- What surprised you?
- Which gap feels most urgent?
- Which gap is most avoidable if you do not address it?
- What is one small action that would move that area by 1 point?