

THE WHEEL OF LIFE

Read each of the category lists carefully and rate yourself on a scale of 1 – 10 in each space. Rate yourself with 1 being very poor and 10 being outstanding. For example, under Physical rate your own appearance. Do you look fit and well kept? Do this for all of the categories. You may have done this before. That's OK, you need to do it again and again – and every six months for the rest of your life. Now add up the total of each column and divide that number by 10. This will give you your personal score for that particular spoke on the wheel. Now go ahead and mark that number on your spoke on the wheel provided and mark the rest of the spokes. Now connect the dots. What does your Wheel of Life look like? Is it round? Do you have flat spots? Do you have several spokes that need improvement?

Physical

_____ appearance
_____ regular checkup
_____ energy level
_____ muscles toned
_____ regular fitness program
_____ weight control
_____ diet & nutrition
_____ stress control
_____ endurance & strength
_____ rest
_____ TOTAL ÷ 10 = _____

Spiritual

_____ faith
_____ inner peace
_____ positive influence on others
_____ spouse relationship
_____ gratitude mindset
_____ sense of purpose
_____ attitude for giving
_____ prayer
_____ wisdom studies
_____ vision
_____ TOTAL ÷ 10 = _____

Financial

_____ proper priority
_____ personal budget
_____ impulse purchases
_____ earnings
_____ living within income
_____ charge accounts kept current
_____ adequate insurance
_____ investments
_____ financial statement
_____ savings
_____ TOTAL ÷ 10 = _____

Personal

_____ recreation
_____ exercise
_____ friendships
_____ community activities
_____ service clubs
_____ quiet time
_____ growth time
_____ consistent life
_____ passion
_____ humility
_____ TOTAL ÷ 10 = _____

Mental

_____ attitude
 _____ intelligence
 _____ formal education
 _____ continuing education &
 training
 _____ creative imagination
 _____ inspirational reading
 _____ digital learning
 _____ inquisitive mind
 _____ self-image
 _____ enthusiasm
 _____ TOTAL ÷ 10 = _____

Career

_____ like what I do
 _____ understand my job
 _____ co-worker relationships
 _____ productivity
 _____ understand company goals
 _____ understand my activity in
 relationship to my goals
 _____ appreciate company benefits
 _____ advancement opportunities
 _____ career transition
 _____ well-trained for my job
 _____ TOTAL ÷ 10 = _____

Family

_____ listening
 _____ good role model
 _____ principled but flexible
 _____ forgiving attitude
 _____ build self-esteem of others
 _____ express love and respect
 _____ meals together
 _____ family relationships
 _____ dealing with disagreements
 _____ time together
 _____ TOTAL ÷ 10 = _____



What does your Wheel of Life look like? Is it round? Do you have flat spots?
Do you have several spokes that need improvement?