

# The Wheel of Life



Instructions (version 1: pre-defined life domains)

## Step 1

The Wheel of Life provides a visual representation of your overall life satisfaction. In this version of the exercise, there are ten pre-defined domains on the wheel:

- Money & Finance
- Career & Work
- Health & Fitness
- Fun & Recreation
- Environment
- Community
- Family & Friends
- Partner & Love
- Growth & Learning
- Spirituality

## Step 2

Rate your level of satisfaction with each of the domains using the wheel (Fig. 1).

A score of 1 indicates that you are not satisfied, and a score of 10 means you are highly satisfied.

## Step 3

After you have rated each of the domains, connect the lines to form an inner wheel.

This gives you an overview of the level of satisfaction with your life. For an example of a completed wheel, see Fig. 3

Step 4

Ask yourself how would want to change the shape of the inner wheel. Which domains draw your attention?

Step 5

Once a domain is selected, contact me for a free consultation!

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