

The Wheel of Life



Instructions (version 2: self-defined life domains)

Step 1

The Wheel of Life allows you to get a snapshot of how satisfied you are with your life. You are invited to choose up to 10 categories to reflect different domains of your life. If you get stuck give me a call and I can offer examples of life areas to help you get started with my 30-minute free consultation. Define the chosen life domains, including a brief description per domain with version 2 (Fig.1 and 2).

Step 2

Enter the names of the life domains in the outer rim of the empty wheel displayed on (Fig. 2).

Step 3

Rate your level of satisfaction with each of the domains using the wheel on version 1 (Fig. 2). A score of 1 indicates that you are not satisfied, and a score of 10 means you are highly satisfied.

Step 4

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 5

Which domains draw your attention?

Once an area is selected, ask yourself the following questions:

- Why does this domain need attention?
- What would it take to raise your satisfaction by one score in this domain?
- What can you do to raise your satisfaction in this domain?

Step 6

Book your Free Consultation!

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