



# The Wheel of Life:

## A Template for Self-Assessment and Goal Setting

The Wheel of Life provides a visual snapshot of your current satisfaction across key life areas, helping you identify where you're thriving and where you might need more attention.

This powerful self-assessment tool helps individuals evaluate their satisfaction levels in various aspects of their lives, such as career, health, relationships, personal growth and finances.

By visually representing these areas, it allows for a clear overview of your current state of balance.

Using the Wheel of Life can help you to:

- Gain clarity on your priorities and what truly matters to you.
- Identify areas where you are flourishing and those that require more focus.
- Set achievable and meaningful goals for personal development.
- Create a more balanced and fulfilling life by consciously allocating your energy and resources.

# Wheel of Life: Exercise

Begin by identifying eight areas most important to you such as career, family, health, social connections, hobbies, learning or finances.

Next, rate your current satisfaction in each area on a scale of 1 to 10 (10 being highly satisfied, 1 being deeply dissatisfied).

This visual representation will clearly highlight areas where you thrive and where you might benefit from focused attention and goal setting.

Once you've scored each area, connect the points to create a wheel or spider's web. This gives you a quick visual of how balanced and fulfilled your life feels. It also highlights areas that may be out of alignment with what you want.

## Analyse Your Current State

- 1** What in your life has led to these scores? Which area is lowest? Is it important to you, and do you want to improve it?

## **2 Envision Your Ideal**

For each area, what would need to happen for it to score a 10? Which areas are your current priorities?

## **3 Create Small Steps**

Pick one or two top priorities—what small steps could move them up by 1-2 points? What difference would this make?

## **4 Identify Barriers**

What's currently holding you back from scoring 8-10? What key insights or actions have you taken from this exercise?

- ☑ Keep your completed wheel somewhere visible, and date it.

Ask yourself: how would I like this wheel to look this time next year?

Regular reviews help track progress and maintain focus on what matters most.