

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
_____ other _____
_____ TOTAL ÷ 10 = _____

Spiritual

_____ believe in God
_____ inner peace
_____ influence on others
_____ spouse relationship
_____ church involvement
_____ sense of purpose
_____ attitude for giving donations
_____ prayer
_____ Bible study
_____ other _____
_____ TOTAL ÷ 10 = _____

Financial

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

Personal

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

Mental

- _____ attitude
- _____ intelligence
- _____ formal education
- _____ continuing education & training
- _____ creative imagination
- _____ inspirational reading
- _____ compact disc education
- _____ inquisitive mind
- _____ self-image
- _____ enthusiasm
- _____ other _____

_____ 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

_____ other _____

_____ 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
- _____ opportunity for advancement
- _____ career transition

_____ well-trained for my job
_____ other _____

_____ 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?