

The Wheel of Life: Identify Where to Focus

Instructions: Use this worksheet and its activity to gain a clear picture of your level of satisfaction across 10 life domains. Complete the following steps to identify the life domain/s that need your attention. Save this worksheet to complete the exercise periodically to assess your life satisfaction in the future.

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

Step 2: After you've 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. See below for an example of a completed wheel.

Step 3: Reflect on your wheel. Which area/s do you want to work on improving?

Step 4: Once you have your target domain/s ask yourself the following questions.

- Why does this domain need your 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?

Example - The Wheel of Life

In this example, the individual is very satisfied in Family & Friends and Health & Fitness, rating them at level 9. The individual has low satisfaction in Fun & Recreation and Community, rating them at level 4. These are the areas this person is likely to want to improve.



Your Wheel of Life

Date _____

