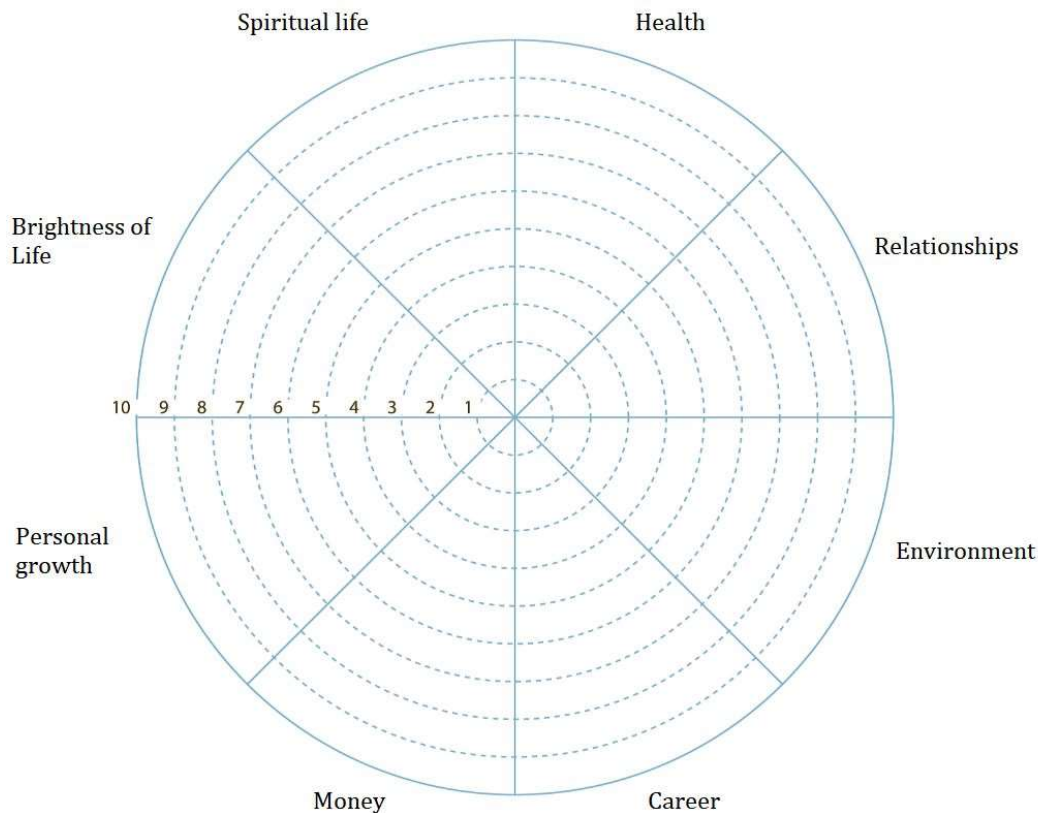


Wheel of life



About: The Wheel of Life is a powerful visual tool that provides a snapshot of an individual's life and helps assess areas of balance and satisfaction. It consists of a circular diagram divided into different segments, each representing a key aspect of life, such as career, relationships, health, and personal growth. By rating their level of satisfaction in each area and connecting the dots, individuals can quickly identify imbalances and areas requiring attention. This self-reflection exercise promotes awareness and enables focused goal setting and action planning to create a more fulfilling and balanced life.



Step 1: Evaluate your **current** satisfaction levels

Consider how satisfied you are in each area on a scale of 1 (very dissatisfied) to 10 (fully satisfied). You can use a different pen to mark current level and desired level.

Step 2: Evaluate your **ideal** satisfaction levels on a scale of 1 (very dissatisfied) to 10 (fully satisfied).

Step 3: Connect the Dots

Once you've noted your scores for all areas and join the dots to reveal the visual representation of your current vs. desired reality.

Now you have a visual overview of your ` vs. ideal reality, examine your results.

SeekIn Self

It's worth noting that some life areas are more important to us than others.

Which imbalances do you feel the most concerned about?

These are the areas that require most of your attention when planning changes.

Here are some questions to help you decide on your action steps-

- 1) Are there any areas of your life that are getting more attention than they deserve?
- 2) Which specific area, if improved, would contribute the most to your overall happiness and fulfillment?
- 3) Which aspect, if neglected or unaddressed, could have the most adverse consequences or negative impact on your overall well-being?

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4) Are there any beliefs, habits, or patterns that might be holding you back from thriving in this area?

5) What are some small steps or milestones you can set to move closer to closing the gap?

6) How can you hold yourself accountable and stay motivated throughout the process of closing the gap?

Regularly completing the Wheel of Life exercise shows us how everything in life is interconnected. Improving your satisfaction in one area, such as work life balance, often improves your satisfaction in other areas, such as work, relationships and fun. It's an upward spiral!