



Overview

The goal of the Wheel of Life is to visualize your current satisfaction in various areas of life and reflect on where you would like to make improvement.

Step 1: Determine Your Categories

This tool is meant for personal reflection, and the beauty of it is that you can customize it to suit your unique situation. Some 'typical' categories used in the Wheel of Life include:

- Relationships
- Finances
- Personal Growth & Learning
- Community
- Health & Fitness
- Environment (home/work)
- Career
- Fun & Recreation
- Spirituality

Feel free to use these categories or add, remove, or split categories as you see fit. For example, maybe you want to get more specific in assessing your relationships so you can split that category to be 'Friends', 'Family', and 'Significant Other' as separate categories. Or maybe you are taking a break from your career and want to replace that with 'Volunteering' or 'Parenting' or remove the category entirely. Again, you can decide what works best for your current situation.

Once you have determined your categories (we recommend 8-10 categories), write them in the blank spaces on the outer edge of the wheel on page 3.

Step 2: Rate Your Current Satisfaction

For each category, spend some time asking yourself: "How satisfied do I feel in this area of my life?" Mark your score from 1 (very dissatisfied) - 10 (completely satisfied) on the wheel, where 1 is the innermost circle and 10 is the outermost circle. Remember, this is how satisfied you feel in this area, not what you think 'perfection' looks like. If you have some (or many!) lower scores, try to avoid passing judgement on yourself - it is natural for us to have areas in our lives where we need to make adjustments.

Step 3: Reflect & Identify Actions

Take a step back and review your wheel as a whole to get a feel for your overall life balance. Some questions to ask yourself include:

- How do I feel about the overall shape of my wheel?
- What surprises me the most?
- What category would I most like to improve?
- What category would I like to start with?
- Could a single action improve more than one area?

Next, you can begin to review each category individually - you can choose to reflect on all categories or just the one(s) you would like to focus on. Some questions to ponder:

- Why does this area need attention?
- What would a score of 10 look and feel like for this category?
- What would it take to increase my satisfaction by just 1 point?
- Is there anything missing from this area in my life that might affect my score?
- Is there anything that might add value to this area of my life?
- Are there things I should start/stop/continue doing in this area?

Once you've reflected on the questions above, identify what actions you would like to take to move towards more balance and satisfaction. We encourage you to think of actions that are specific, small, and realistic.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Step 4: Revisit & Review

Set a time to revisit your wheel and re-score it to see what changes have occurred over time. Maybe some scores went up - celebrate this! (Even if the increase was only by 1 point, that's progress.) Maybe some scores stayed the same or went down - that's ok! Life's circumstances and priorities are constantly changing and there are a lot of things out of your control. The aim is to continue the journey towards balance one step at a time, and with intention and self-compassion.

