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WHEEL OF LIFE



www.withinlifecoaching.com

Wheel of Life

‘Life isn’t about finding yourself. Life is about creating yourself.’

Introduction

The Wheel of Life is an intuitive exercise. It will provide you with a clear picture of the way your life is in relation to how you would like it to be. When using this tool you’ll be able to assess where you’re putting your focus and where you would like to have more fulfillment. By doing so, you not only highlight areas that you may consider unsatisfactory, you create a starting-point for thinking about your person growth.

But the benefits don’t stop there. It can also act as a useful assessment of your progress. Therefore, it is recommended that this tool be used at regular intervals so that you progress can be accurately documented as you begin to create the life you want for yourself.

Description of Categories

1. **Home Environment:** When considering your home environment, what contributes or detracts from your sense of satisfaction? Things to think about, clutter (emotional or material) and your routine/role as well as any other factors that may be affecting your sense of well-being.
2. **Spirituality / Religion:** Your higher power, belief or practice that you identify with.
3. **Friends:** Social networks, community ties and involvement
4. **Family:** Family relationships
5. **Fun/Recreation:** This includes what restores your energy or childlike spirit
6. **Emotional / Physical Health:** When considering your attitude, life outlook and physical health. What drains your energy and what fuels it? What type of message is your body sending you?
7. **Romantic Relationships:** How satisfied are you with the relationship you have or don’t have? Note: You may be completely satisfied even if you aren’t in a significant/romantic relationship.
8. **Professional Life / Employment:** Consider your career selection, direction and current work.

Getting Started

This wheel contains eight sections that, together, represent one way of describing a whole life by measuring your level of satisfaction in these areas.

With center of the wheel as 1 and the outer edge as an ideal 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The perimeter of the circle represents **YOUR** Wheel of Life.



