

Wheel of Life Assessment

Objective

To complete the Wheel of Life to understand which areas of your life require balance.

What to Know

No matter how accomplished or happy you are in life, there are always areas that could be improved. Think about your health, career, finances, and relationships. The Wheel of Life helps you visualize all the important areas of your life at once, giving you a "bird's eye" view. By looking at a graphic representation of all the areas of your life at once, the wheel helps you understand which parts of your life are flourishing and which ones need some work. This tool can help you plan concrete actions steps to improve your life balance.

The original concept of the Wheel of Life is attributed to Paul J. Meyer, who founded the Success Motivation® Institute in 1960. Each section of the wheel represents a different area in your life. This approach assumes that you will be happy and fulfilled if you can find the right balance for each dimension. Different areas of your life might require different levels of attention at different times.

This worksheet is designed to guide you through the process of exploring the balance in your life and identifying which areas require attention.

What to Do

On the final page of this worksheet, review the 8 categories on your wheel. **You can change the label on any area that might not be relevant for you.**

Next, rank your level of satisfaction by rating the quality of each area of life as it is right now. Draw a curved line across each segment. You can use a marker or colored pen to fill in the section. Score from 1 to 10, where 1 = very dissatisfied with the quality of my life in this area, to 10 = completely satisfied with the quality of my life in this area.

Now join the lines around the circle. Does your life wheel look balanced, or is it more like a rocky road? _____

It's time to consider your ideal level in each area of your life. A balanced life does not necessarily mean scoring "10" in each life area because some areas need more attention and focus than others at different times. Sometimes you must make choices and compromises, and perhaps it isn't possible to be completely satisfied with every life area.

Now that you have a visual representation of your current life balance, look for the gaps. These are the areas of your life that require attention. In addition, there may be areas where you're putting in more effort than you'd like – areas that are draining your energy and enthusiasm. Write them down.

Now that you have identified the areas that need attention, it's time to plan actions to regain balance. Starting with the neglected areas, what do you need to do to regain balance?

In the areas that currently drain your energy and time, what can you stop doing, reprioritize, or delegate to someone else?

Identify at least one action you can take to improve your score in *one* area of the wheel. Write it down.

What can you do to commit to this action? For example, you might find an accountability buddy.

What else can you do to regain balance in your life?

Repeat this exercise in 3 months to see if your wheel has changed.

Date: _____

