

Annual Year-End Reflection Process

Part 1: Wheel of Life: Reflecting on Now

Simply rate each area of your life, on a scale of 1 – 10, with 1 being “Highly Unsatisfied”, and 10 being “Highly Satisfied”. This will help you identify two important things:

A: The parts of your life you’re feeling good about. These are places where you want to maintain your current habits and approaches.

B: Opportunities for meaningful changes. These areas can begin to inform some of your priorities for the next year, as you work towards feeling successful both professionally and personally.



*Wheel of life from: <https://positivepsychology.com/wheel-of-life-coaching/>

Applying the Wheel of Life: Key Categories of Your Life

Below is the Wheel of Life summarized under the categories: Career, Personal, Key Relationships, and Care Work. You can change and personalize these categories, so they accurately capture the most important areas of your life.

Rate each area of your life, on a scale of 1 – 10, with 1 being “Highly Unsatisfied”, and 10 being “Highly Satisfied”.

I. Career

- Current Role at Work: 1 2 3 4 5 6 7 8 9 10
- Work Environment 1 2 3 4 5 6 7 8 9 10

II. Personal

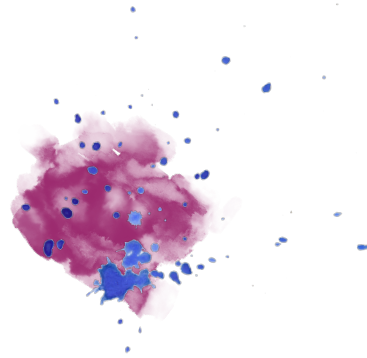
- Money & Finances 1 2 3 4 5 6 7 8 9 10
- Health & Fitness 1 2 3 4 5 6 7 8 9 10
- Fun & Recreation 1 2 3 4 5 6 7 8 9 10
- Home Environment 1 2 3 4 5 6 7 8 9 10
- Personal Growth & Learning 1 2 3 4 5 6 7 8 9 10
- Spirituality 1 2 3 4 5 6 7 8 9 10

III. Key Relationships

- Family 1 2 3 4 5 6 7 8 9 10
- Friends 1 2 3 4 5 6 7 8 9 10
- Partner & Love 1 2 3 4 5 6 7 8 9 10
- Community 1 2 3 4 5 6 7 8 9 10

IV. Care Work

- Parenting 1 2 3 4 5 6 7 8 9 10
- Aging Parents 1 2 3 4 5 6 7 8 9 10



Part 2: Looking Back: Reflecting on The Past Year

Complete this reflection exercise to capture key learnings from the past year. This will help you create meaningful goals for the upcoming year.

I. Career:

- a. What did I achieve in this past year?
- b. What am I proud of?
- c. What were the missed opportunities?
- d. What did I learn that can inform next year?

II. Personal:

- a. What did I achieve this past year?
- b. What am I proud of?
- c. What were the missed opportunities?
- d. What did I learn that can inform next year?

III. Key Relationships:

- a. How close and connected am I feeling in my most important relationships?
- b. What am I proud of or feeling grateful for?
- c. What were the missed opportunities?
- d. What did I learn that can inform next year?

IV. Care work (parenting or aging parents):

- a. How close and connected am I feeling in these relationships?
- b. What am I proud of or feeling grateful for?
- c. What were the missed opportunities?
- d. What did I learn that can inform next year?



Attachment: Printable Wheel of Life

Print the Wheel of Life and circle how satisfied you feel in each area. Then draw a line connecting each circle to create a snapshot of how fulfilling and balanced your life is feeling right now.

