



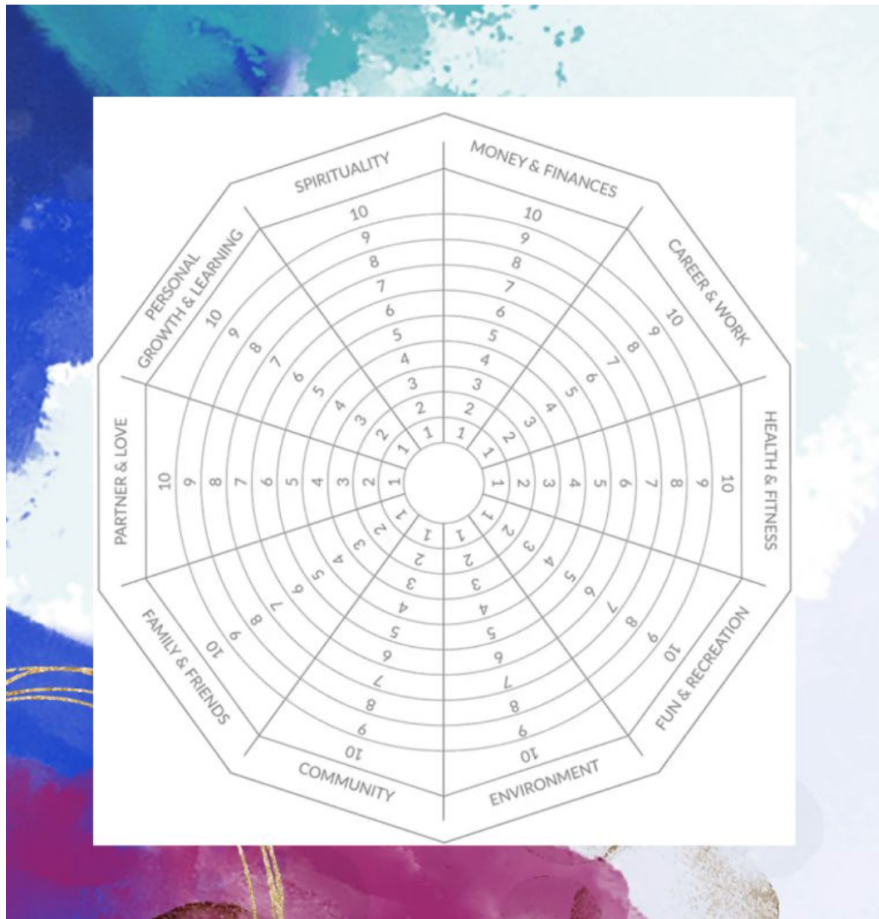
## The Wheel of Life: A Self-Reflection Exercise

### 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 are areas in which you can create new priorities, 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

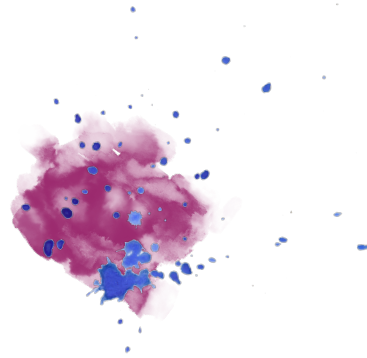
- Money & Finances 1 2 3 4 5 6 7 8 9 10
- Health & Fitness 1 2 3 4 5 6 7 8 9 10
- Fun & Recreation 1 2 3 4 5 6 7 8 9 10
- Home Environment 1 2 3 4 5 6 7 8 9 10
- Personal Growth & Learning 1 2 3 4 5 6 7 8 9 10
- Spirituality 1 2 3 4 5 6 7 8 9 10

## 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



## 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.

