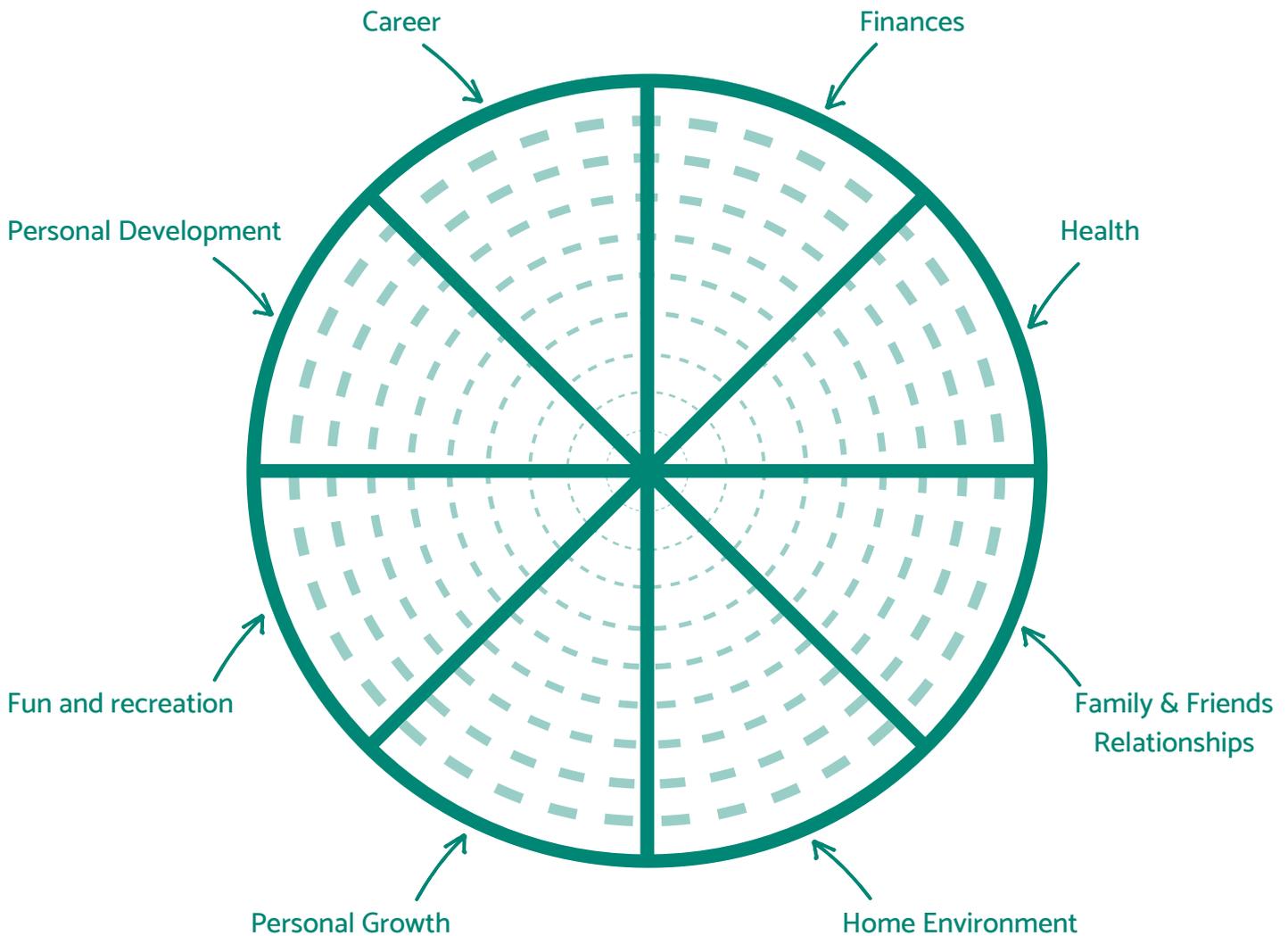


Wheel of Life

The Wheel of Life is a powerful self-assessment tool to help you achieve balance and fulfilment across different areas of your life. By evaluating these 8 categories, you can take a holistic view of your life and create a visual representation that helps you identify areas for focus.

Start by rating your level of satisfaction with each area from 1-10.



Connecting the ratings allows you to visualise areas where you are thriving and those needing more attention.

Turn over the page to work through our twelve questions designed to help you set some intentions and add balance to your wheel of life.

Wheel of Life

1. How do you feel about your life as you look at your Wheel?
2. Are there any surprises for you?
3. How do you currently spend time in these areas?
4. How would you like to spend time in these areas?
5. What would make that a score of 10?
6. What would a score of 10 look like?
7. Which of these categories would you most like to improve?
8. How could you make space for these changes in your life?
9. What help and support might you need from others to make changes and be more satisfied with your life?
10. And what change do you want to make first?
11. What is the smallest step you could take to get started?
12. If there was one key action that would begin to bring everything into balance, what would it be?