

# The wheel of life



## About the wheel of life

The Wheel of Life is an exercise used to help you assess your current life satisfaction and identify areas for improvement. The wheel is broken down into 10 different 'areas' within your life.

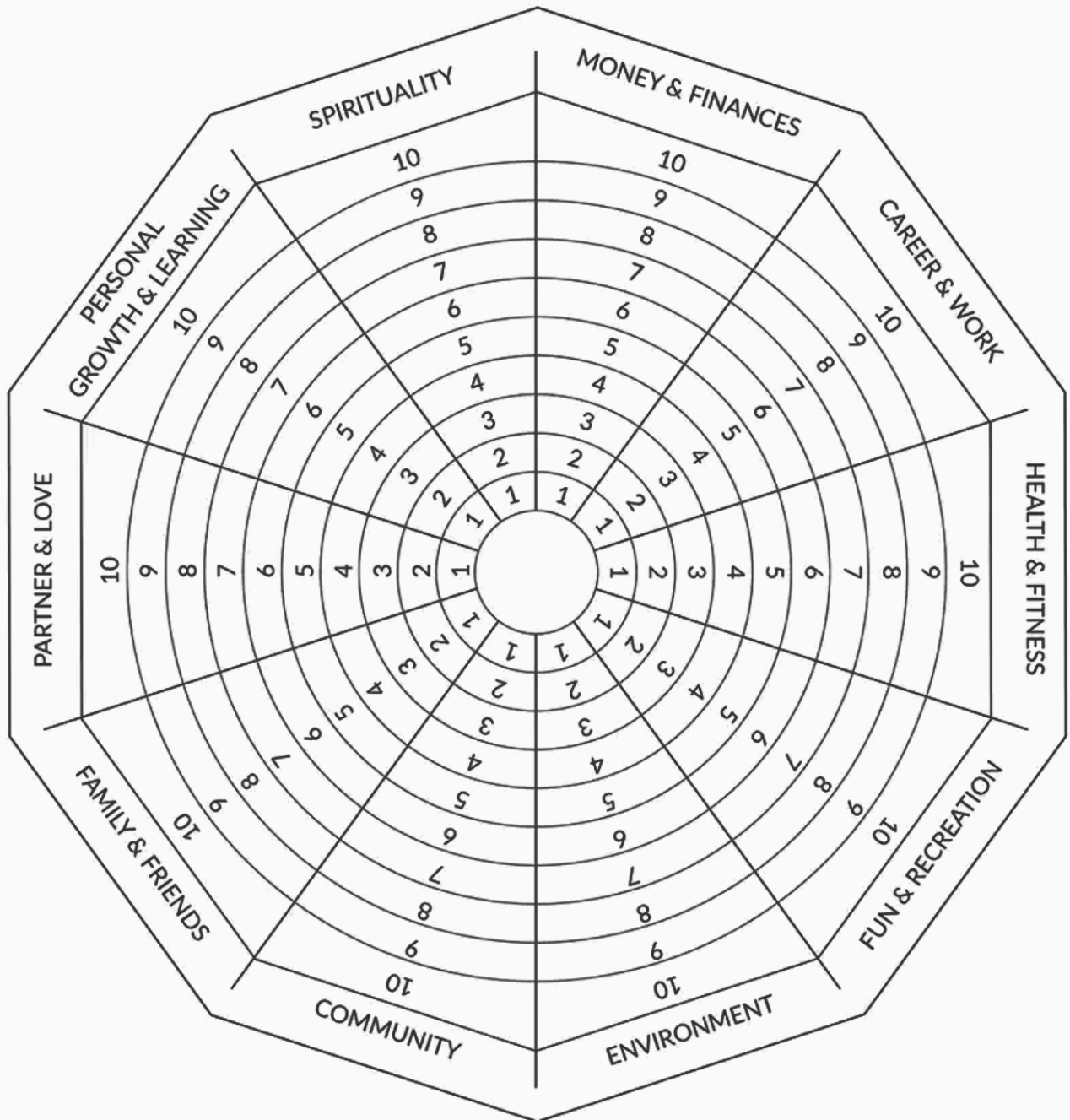
- Spirituality
- Money & Finances
- Work & Career
- Health & Fitness
- Fun & Recreation
- Environment
- Community
- Family & Friends
- Partner & Love
- Personal growth and Learning

The Wheel of Life has been designed to provide you with a holistic overview of all the different aspects of your life and can mean different things for different people.

Think about each area on the wheel and give each a rating on a scale of 1-10 (1 being poor, 10 being great) once completed the wheel enables you to see at a glance if there are certain areas in your life where change could be made.

Your results can then be used to set goals and develop a plan for you to achieve a more balanced and fulfilling life. Undertaking this exercise periodically will enable you to see where improvements have been made, or others where there are new challenges that have arisen.

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Looking at the Wheel of life exercise you have completed, take some time to go through each area and have a think about what the reasons are as to why you gave it the score you did.

Once those reasons have been identified, explore what impactful actions you can take to help you work towards improving that area of the wheel.

Area	Why did I give it that ranking?	What impactful action can I take to improve this area?
Spirituality		
Money/finance		
Career / work		
Health/fitness		
Fun/recreation		
Environment		
Community		
Family / friends		
Partner / relationships		
Personal growth & learning		