

Wheel of Life

The sections in the Wheel of Life represent Balance. The center of the wheel represents 0 and the outer edges 10. Rate each wedge of your wheel below on a scale of 1 – 10 with 1 being not satisfied and 10 meaning highly satisfied with this area of your life. Then draw a straight or curved line to create the new outer edge.

The new perimeter represents the “wheel” on which your life turns. If this were a real wheel, how bumpy would the ride be? How much ground could you cover?

Wedge	Score
Career	
Money	
Health	
Friends & Family	
Significant Other / Romance	
Personal Growth	
Fun & Recreation	
Physical Environment	

