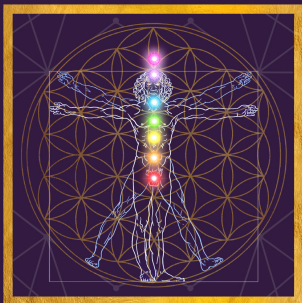


WHEEL OF LIFE



SHARON WHITE

Wheel Of Life

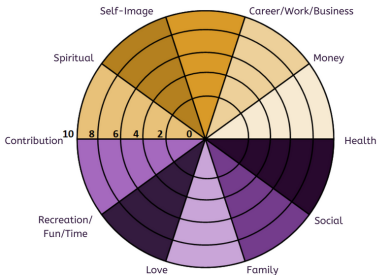
The wheel of life exercise is an easy visual exercise to help you see where you are right now in your life across different categories of fulfilment or happiness.

There are many different versions of the wheel out there, and many have common areas which are career/study, family, love, friends, finance, and health, and other wheels have other factors.

They can be personal growth, recreation, spiritual, etc.

Here is my version.

Wheel Of Life



Each segment looks at your life as it is RIGHT NOW. Each segment comes with a rating scale of 0 - 10, representing how you're feeling - 0 being the lowest, 10 being highest.

Wheel Of Life

After you rate each segment, mark out your scores, then connect the dots.

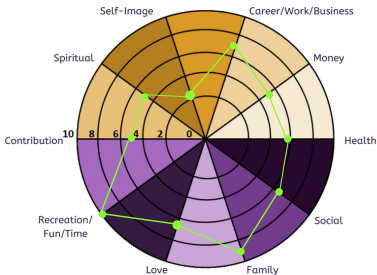
After you have completed this you get a diagram that looks like a spider's web.

This gives you an instant visual look at how you're doing in this moment. It also gives you a view on how well you are doing in all areas of your life.

When you get overwhelmed, it is not easy to assess where you are at.

The wheel of life lets you visually see the areas you need to work on, so you can start working on the low scoring areas to bring your life back into balance.

Wheel Of Life



**Use a scale of 0 - 10 (0 = lowest, 10 = highest).
Rate how you feel your life is right now on each
segment and see which areas you need to bring
back into balance.**

Wheel Of Life Questions

1.Career/Work/Business –

Are you fulfilled in what you do daily to earn money?

2. Money –

How are you doing financially? Do you have the money and resources to pursue your goals?

3. Health –

How healthy are you? Do you live in pain mentally, physically, spiritually, emotionally?

4. Social –

Do you have a good social circle? Can you trust your friends and ask for help and support if needed?

Wheel Of Life Questions

5. Family –

What are your family dynamics like? Do you feel supported?

6. Love –

How much love do you feel in your life? This can be love from your relationship with your partner, but it is not only romantic love its love from others too.

7. Recreation/Fun/Time –

What do you do to have fun? What makes you feel AMAZING?

Are you doing the things that make you feel AMAZING? Do you give yourself time to rest?

Wheel Of Life Questions

8. Contribution –

How are you giving back to society? What are your humanitarian activities? Are you giving to charity?

9. Spiritual –

What is your connection with the universe. Some call this higher power / God / higher self.

10. Self-Image –

Do you have self-love? Do you see what your loved ones see in you?

What does your wheel look like? After doing that exercise you will see areas that need more work to bring you back into balance.

Maybe you are sitting around 6 for most areas but there is one area that is only sitting at number 1 or 2.

After seeing this visually it will be easier to see the 1 area you need to work on.

On a scale of 0 – 10 (0 being 100% Not Good 10 being 100% Good) where are you right now?

Whatever number you are at is perfect. This is simply a base so you can see where you are starting.

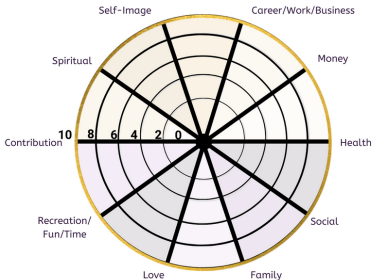
So now you know where you are right now.
You can see more clearly what you need to
change and where you need to go.

Keep your list near you so you will be able to
revisit this process at the end of the course to
reflect on the changes you have made.

When you can measure your progress you are
in a great place.

The Wheel Of Life is a fantastic way to
measure where you are in your life right now
and can help you see where you need to go to
make improvements. – *Sharon White*

Wheel Of Life



Print this page to do your exercise.