

# Wheel of Life

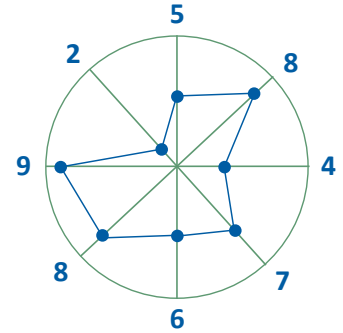


## A Balanced Life Helps You Live Well and Be Successful

### Directions:

Taking the center of the wheel as “0” and the outer edge as “10,” rank how successful you feel in each area by marking the line with a dot. Then connect the dots to create a new outer edge (see example). The new perimeter of the circle will represent your “Wheel of Life.” Please try to complete this assessment in one minute or less.

### EXAMPLE



### Physical

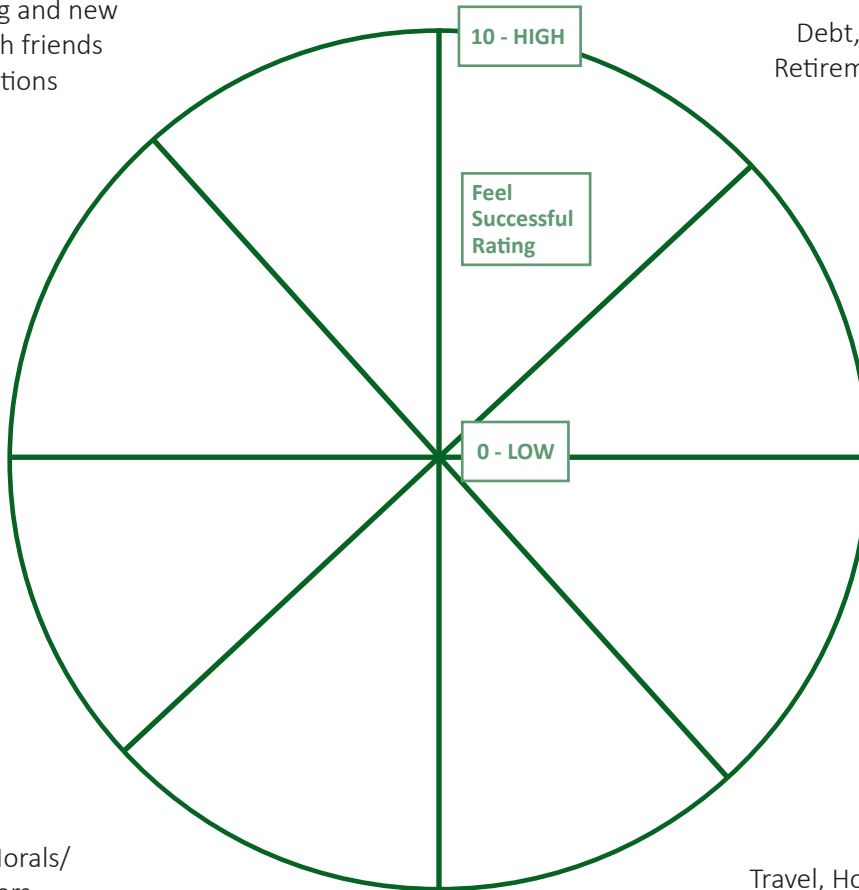
Ideal Weight, Exercise, Nutrition, Energy, Rest, Check Ups

### Relationships

Cultivating existing and new relationships with friends and organizations

### Financial

Debt, Emergency Fund, Retirement, College, Giving



### Family

Marriage, Children, Parents, Forgiveness

### Work

Income, Career, Skills, Advancement, Mentoring

### Spiritual

God, Prayer, Church, Morals/ Ethics, Helping Others

### Lifestyle

Travel, Hobbies, How/Where You Want to Live

### Mental

Reading, Learning, Classes/ Seminars, Coaching