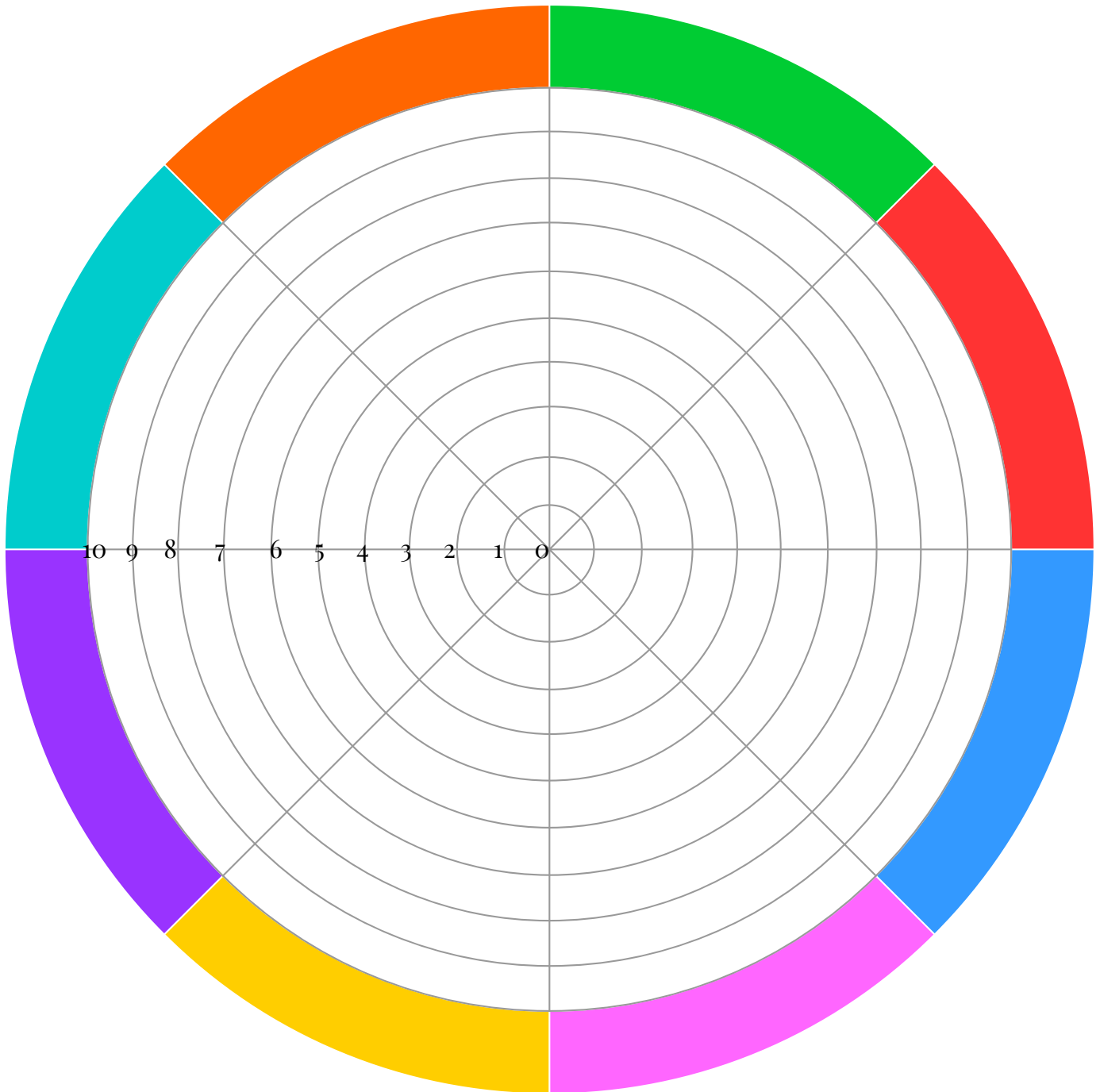




Wheel of Life

This exercise measures your level of satisfaction in keys areas of your life. It provides a snapshot of what your life looks like and how satisfied you are. It is not based on the past or future - it is a snapshot in the moment. You may like to repeat this at the end of the program.



Green: career, learning
Red: wealth, enough
Blue: spiritual, connection
Pink: health, wellness

Yellow: self respect / love
Purple: family
Turquoise: significant other / life partner
Orange: community, contribution



How to Use the Wheel of Life

- The sections each represent a different aspect of your life
- Rate your level of satisfaction in all areas on the wheel
- 0 means not satisfied and 10 means highly satisfied
- Now connect the lines to form an inner star, this gives you an overview
- Remember this is not about getting 10's this is about giving yourself to look at what areas are important to you and where you might like to focus.
- Now journal around what you see. What area are you ready to make a change in? What do these changes look like? What needs to be in place?
- What do these changes look like – be specific!
- How will life be better once these changes are made?
- How will you feel once these changes are made?
- What will you do? When will you do it by? Who might you tell? How will you keep yourself accountable?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.