

Wheel of Life

A Holistic View

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 on a scale of 1 – 10 with 1 being not satisfied and 10 meaning highly satisfied with this area of your life. Enter the score in the wedge and then draw a straight or curved line to create the outer edge.

Remember it's not about getting 10's in all the wedges; it's about a smoother ride.

Sections of the Wheel of Life	Current Focus	Focus Goal
Career		
Friends & Family		
Fun & Recreation		
Health & Fitness		
Money/Finance		
Personal Growth		
Physical Environment		
Significant Other/Romance		
Spirituality or Other		

