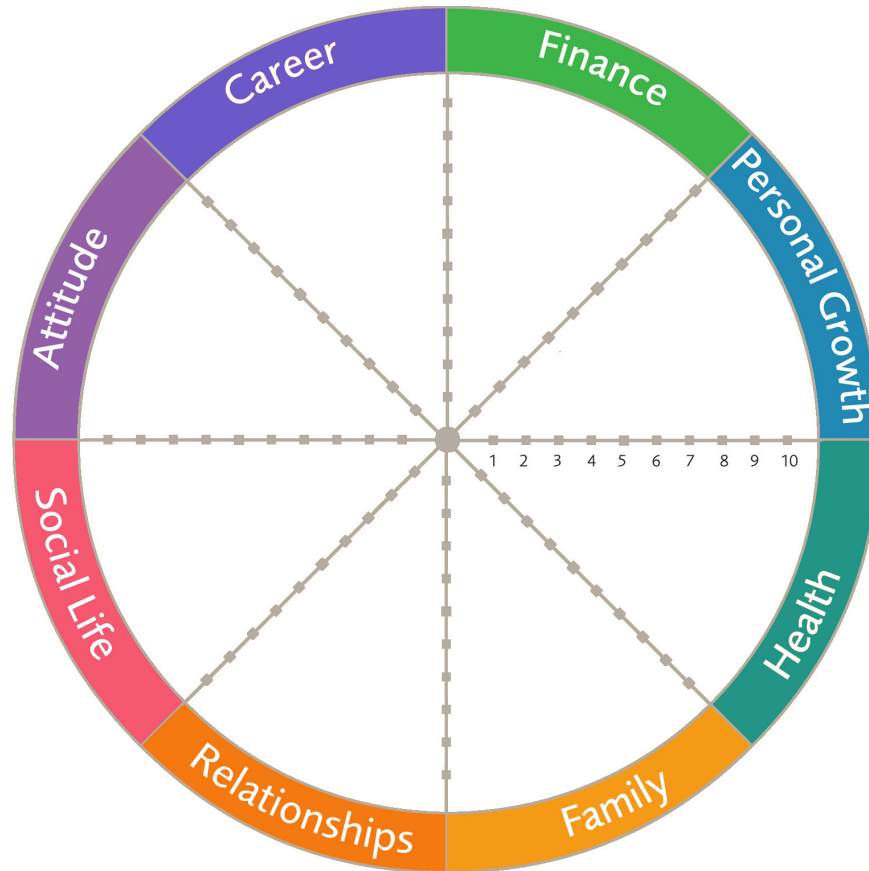


Wheel of Life Assessment Tool



Take a snapshot of your life

The Wheel of Life represents eight dimensions of your life, including: Career, Finance, Personal /Professional Growth, Health, Family, Relationships, Social life and Attitude.

You can change the categories you want to measure.

Instructions:

- Use the wheel of life to assess your level of satisfaction or creative fulfillment in each area.
- How satisfied are you with your life right now? What does success feel like in each dimension of the wheel? Mark the level of satisfaction you feel in each dimension on a scale of 0 (low) – to 10 (high).
- Join up the marks around the wheel and colour in the space between the spokes, until you have filled in your wheel. The new perimeter represents the wheel of your life.

- Does your wheel of life look and feel balanced? Or are you experiencing a bumpy ride?
- Consider your ideal level in each area of your life. A balanced life does not mean getting 10s in each life area: It's about a smoother ride.
- What are the gaps that need attention? What actions do you need to take?
- Explore creative ways you can use this tool.

What area would you like coaching on?

[Click here for details about coaching for Creativity, Innovation, Leadership & Career Advancement.](#)