

Wheel of Life

Name:

Date:

1. What are the most relevant areas or domains in your life? Make a list.
2. Divide the wheel below in as many parts/slices as the number of areas you have identified.
3. Rate each area from 0-10 regarding: "how satisfied are you with it today?" Draw each score on the wheel.
4. Reflect on and plan possible actions to improve your score in each area. Select which ones you actually want to commit doing, and schedule them.
5. Re-do your Wheel of Life in __ months. Set yourself a reminder for it now 😊
6. Compare progress with your previous Wheel(s) of Life (Don't check before the most recent one has been done!)

