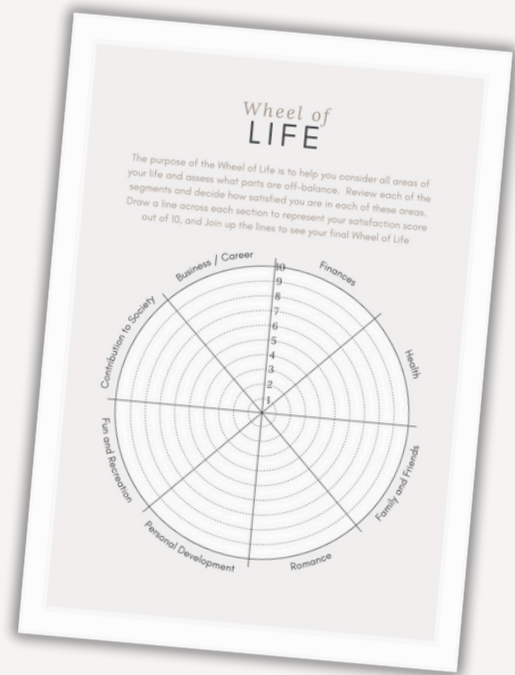


THE WHEEL OF LIFE

Instructions

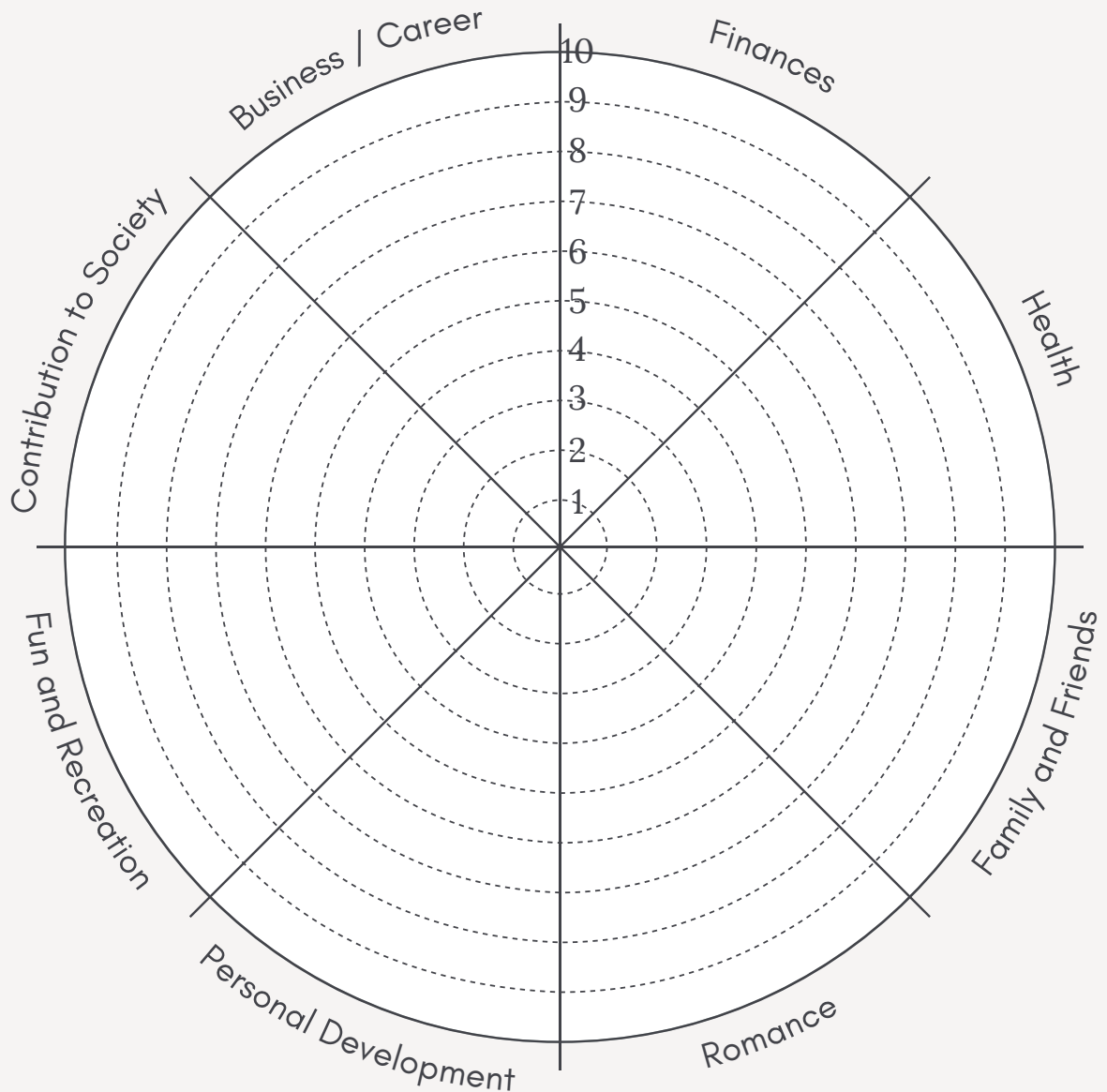


- Review the 8 categories in the sunflower thinking briefly what a happy, satisfying life might look like for you in each area.
- Draw a line across each segment that represents your happiness score for each area.
- Imagine the centre of the wheel is 0 and the outer edge is 10.
- Choose a value between 1 (very unhappy) and 10 (couldn't be happier).
- Now draw a line and write the score alongside (see example on page 1).
- **IMPORTANT:** Use the FIRST number (score) that pops into your head, not the number you think it should be!

PART 1

Wheel of LIFE

The purpose of the Wheel of Life is to help you consider all areas of your life and assess what parts are off-balance. Review each of the segments and decide how satisfied you are in each of these areas. Draw a line across each section to represent your satisfaction score out of 10, and Join up the lines to see your final Wheel of Life



PART 2

Look at your completed wheel & answer these reflective questions:

1. Where does your life need brightening up?

2. What surprises are there for you?

3. How do you feel about your life as you look at your wheel?

4. What is missing from your life right now?

PART 2

5. Which of these areas would you most like to improve?

6. How could you make space for these changes?

7. What help and cooperation from others might you need to make changes and brighten up your life?

8. What is the key area you need to work on?

PART 3

Choose Actions:

3a. Write out one action you could take for each area in the wheel

Family & Friends	
Partner	
Career	
Finances	
Health	
Environment	
Fun/Recreation/ Leisure	
Personal Growth	

PART 3

Choose Actions:

3b. Finally, choose ONE Action you will take in the next week to improve your life.

Journal and make a list of 3-5 bullets or write a short paragraph that describes what a score of “10” would look like in each area.

PART 3

