

# Wheel of Life Self-Assessment

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

A large empty wheel of life diagram with 8 sections. The center is labeled '0' and the outer edge is labeled '10'. There are horizontal lines for labeling each section.

## WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride? Not to worry as a Success Coach I can help you get your life back in balance.

## EXAMPLE

