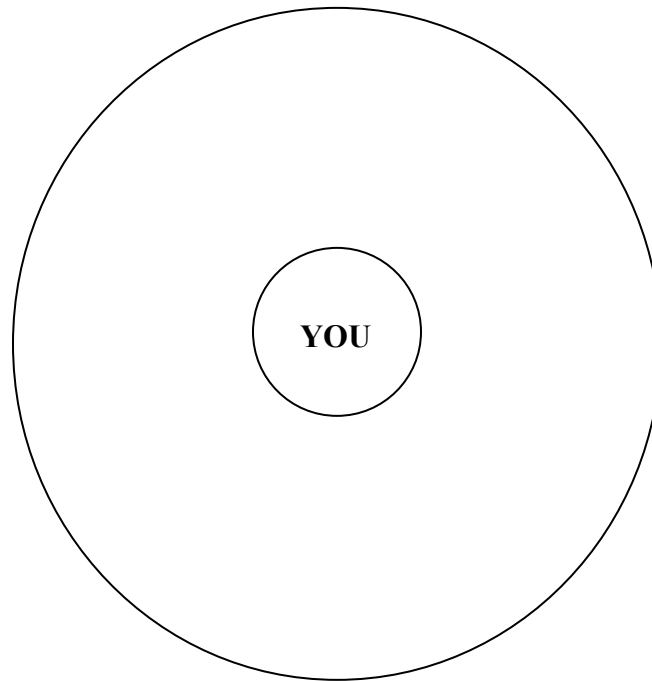


Your Life Wheel



Step 1: List 4-8 major areas or roles in your life where you spend your time and energy (for example: family, friends, work, school, church, exercise, hobbies, sports, my own business, community, volunteering, finances, mother, manager, physical health. Be as specific as you like; you might say golfing instead of sports.

Step 2: Divide your circle into sections, like a pie chart, with the specific number of areas/roles you selected in Step 1. The size of each section does NOT matter.

Step 3: Label each section with one of your areas/roles.

Step 4: On a scale of 1-5, rate each section based on how satisfied you feel with the level of attention to it, and write this number in each section.

1. completely unsatisfied = 20%
2. somewhat unsatisfied = 40%
3. moderately satisfied = 60%
4. very satisfied = 80%
5. completely satisfied = 100%

Step 5: Shade each section according to your rating scale. For example, if you are 100% satisfied, you would completely shade or color that section. If you are 20% satisfied, only shade about 20% of the section.

Step 6: Look at the hub of your wheel – YOU – and lastly rate your level of satisfaction with the attention you give to yourself and shade the hub accordingly.

The Results

Your wheel shows you your level of satisfaction with where you spend your time and energy. Ultimately, your goal is to be 100% satisfied with each section and your hub, YOU.

Make conscious choices. Notice where you spend your time and energy, then decide if you could benefit from making changes.

Final Step: Make a list of simple ways you can improve your satisfaction with each section of your life wheel.

Area or Role →									YOU
Ways to improve↓									

Each day, choose one thing you would like to accomplish.

Celebrate every step of your progress.

If you like, complete this exercise again in a month, and then again in 6 months, or anytime you feel that your life is out of balance.