
Wheel of Life Inventory

The Wheel of Life is a tool that many life coaches use to help their clients see how balanced the various areas of their lives are. Life's activities are always shifting and so perfect balance cannot be achieved and maintained, but there are times when one area of your life may be requiring so much energy and time that other areas are suffering, and you feel your life is out of balance or even out of control. At these times, it helps to take a look at the big picture and to get some perspective.

To create your own personal Wheel of Life, you will examine your satisfaction with the various areas of life described below.

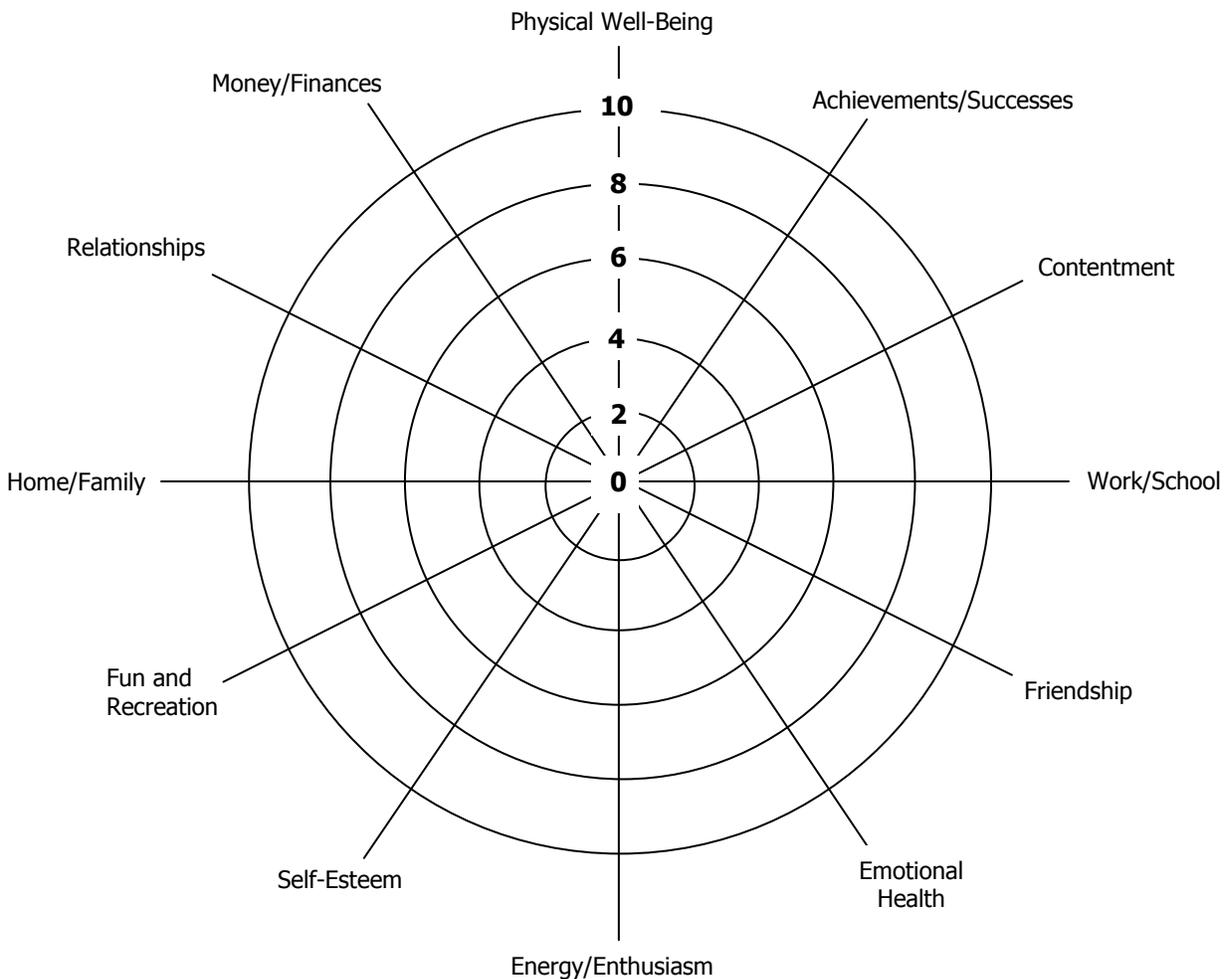
- **Physical Well-Being:** Feeling good about the condition of one's body and one's efforts to maintain health through exercise, sleep, eating habits, and so on.
- **Money/Finances:** Being able to match one's income with one's personal needs.
- **Relationships:** Being open to a loving and responsible relationship.
- **Home/Family:** Contributing responsibly to one's home life and successfully getting along with family members.
- **Fun and Recreation:** Participating in individual and group activities that provide one with enjoyment and self-fulfillment.
- **Self-Esteem:** Feeling good about oneself; being alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.
- **Energy/Enthusiasm:** Feeling full of energy and ready to experience life to the fullest.
- **Emotional Health:** Recognizing one's feelings and expressing them appropriately.
- **Friendship:** Sharing common interests, experiences, and feelings with a trustworthy companion.
- **Work/School:** Developing and implementing plans for future education, training, and occupational goals.
- **Contentment:** Being content with who one is, what one values, where one fits, and where one is going.
- **Achievements/Successes:** Accomplishing noteworthy actions, performances, goals, and so on.

Wheel of Life Inventory (2)

- Using a scale from 0 to 10, where 1 represents very low satisfaction and 10 represents very high satisfaction, rate your satisfaction with each of the areas of your life. This does not mean the amount of time you spend on each area, but how satisfied you are with the quality of each area.

Physical Well-Being _____
Money/Finances _____
Relationships _____
Home/Family _____
Fun and Recreation _____
Self-Esteem _____
Energy/Enthusiasm _____
Emotional Health _____
Friendship _____
Work/School _____
Contentment _____
Achievements/Successes _____

- Plot each rating on the appropriate spoke of the circle graph below. The centre of the circle represents 0 and the outside circle represents 10.



Wheel of Life Inventory (3)

3. Connect the points you've plotted on each spoke, and shade in the area that reaches toward the centre of the wheel.
4. To prepare for a group discussion, reflect upon and note answers to the following questions:
 - How balanced is your wheel?
 - What did you notice while shading the wheel?
 - In what areas were the results a surprise?
 - How have changes had an impact on you?
 - How do you think these areas of life will change as you grow older?
 - What would it take to move one of the numbers up a level or two?

References:

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- Mind Tools Ltd. "The Wheel of Life." www.mindtools.com/pages/article/newHTE_93.htm (15 Apr. 2008).
- New Oceans. "Wheel of Life." www.new-oceans.co.uk/new/wheel2.htm (15 Apr. 2008).