

# The Wheel of Life Assessment

## *How Satisfying Is Your Life?*



Life often feels complex. Each role we play, each person we know, each demand made upon us is like a thread woven into a great tapestry that makes up our life. Pull on one thread, and it is surely going to catch on all the others.

When we want to make changes in our lives, it's easy to get stuck because we can't quite figure out where to start. The threads in our tapestry seem too tightly woven or are all tangled up, and we end up feeling trapped and overwhelmed.

One way to untangle the threads is to deliberately separate out the different areas of our life and decided how satisfied we are in each area. The Wheel of Life is one of the most effective tools for getting a snapshot of our satisfaction in each area of life. It's a beautiful visual representation of how fulfilled you feel in each specific area of your life, as well as providing a complete picture of your life as a whole.

On the following page, you'll find your own Wheel of Life to complete. You will see that there are eight sections, each representing different aspects of your life. Seeing the centre of the wheel as 1 (low) and the outer edges as 10 (high), rank your level of satisfaction in each area by drawing a curved lined to create a new outer edge. When you've completed all the areas, the new perimeter will represent the wheel of your life.

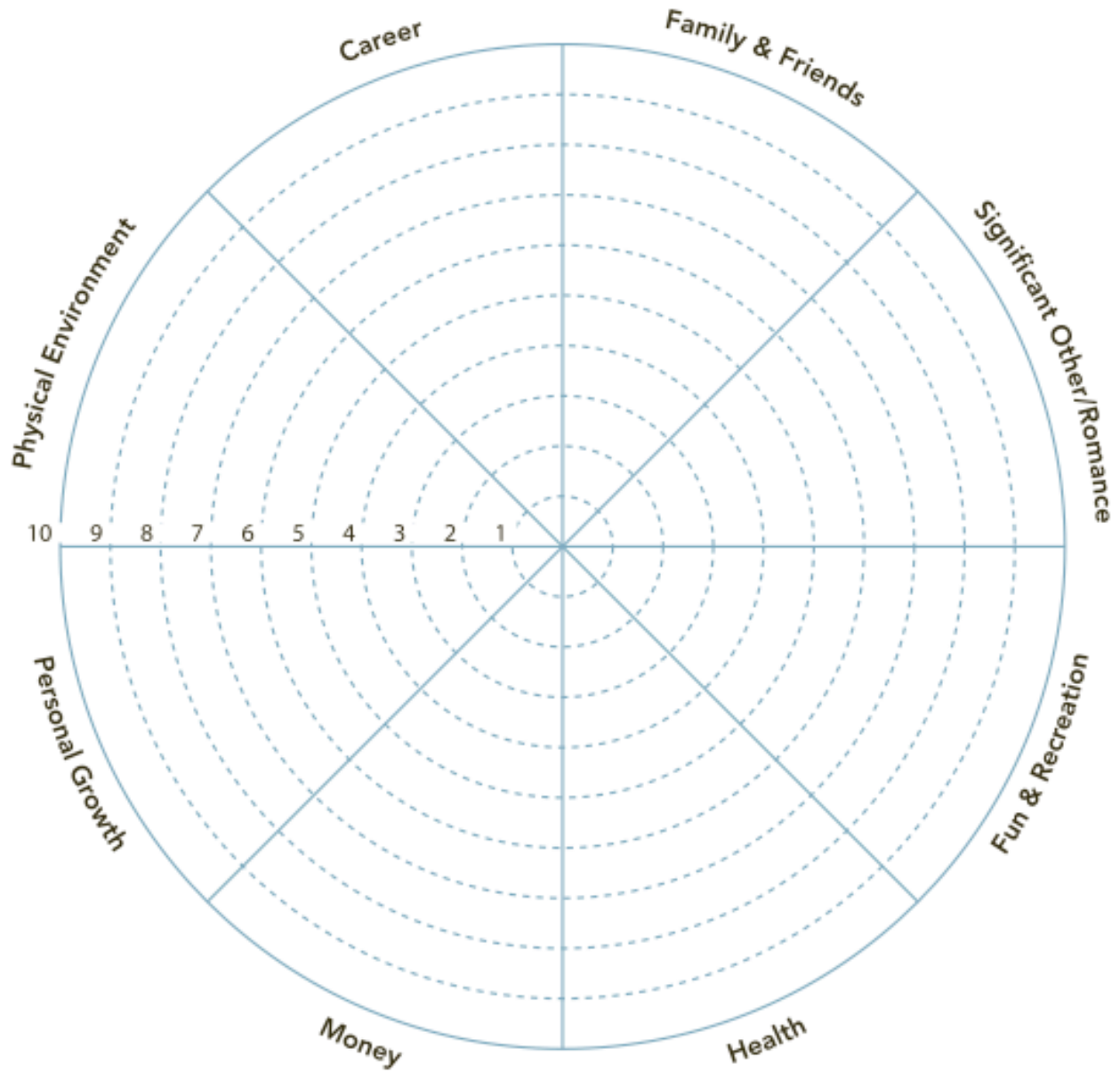
You may divide family & friends section into two, if that will better reflect your life. Physical Environment refers to where you spend most of your time (eg home, work).

Finally, let it be a snapshot of how you feel today, not a general overview of that area over the years.

# Wheel of Life

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# What Now?

When you're done, take a moment to reflect...

- If this were a real wheel, how bumpy would your ride be?
- If you see some low scores, can you think of some of your values that are not being honoured in these areas?
- How do the high score areas impact the low score areas, and vice versa? Are you putting all your attention on one area at the expense of the others?
- Do you see only one low score area? How might that one imbalance impact the rest of your wheel, especially over time?

Use the space below to write down your answers to the questions above and any other thoughts that come to mind about this exercise:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## What's Next?

Sometimes gaining new awareness is all you need to get started on making changes in your life. Seeing the imbalances on your wheel may motivate you to get going on those areas and find the answers to a more fulfilling life.

To start, identify 2-3 things you can start doing this week to make changes in those areas of your wheel/life where your level of fulfillment feels low or could be higher:

---

---

---

---

*Well done!* I encourage you to take those first steps in making the changes you've identified. Make sure to revisit the Wheel of Life in a few months to gauge your progress.

Maybe you're looking at your Wheel Of Life and thinking, "ok, now I know what areas need work, but where do I start?" Or, maybe you'd like to know more about the role your core values play in your life choices, which are reflected in your Wheel of Life. Maybe you know what you want to do and you know how to get there, but need some motivation and accountability keep you on track. Or, maybe you scored high in every wedge of the Wheel of Life and want to take your life from a 10 to a 20!

If you identify with any of these scenarios, then you can benefit from working with a coach.

If you'd like to take advantage of a 30-minute complimentary consultation to see if I can support you in achieving a "better ride", contact Sabrina Guerin Coaching at [sabrina@sabrinaguerin.com](mailto:sabrina@sabrinaguerin.com) or 289-923-8201.