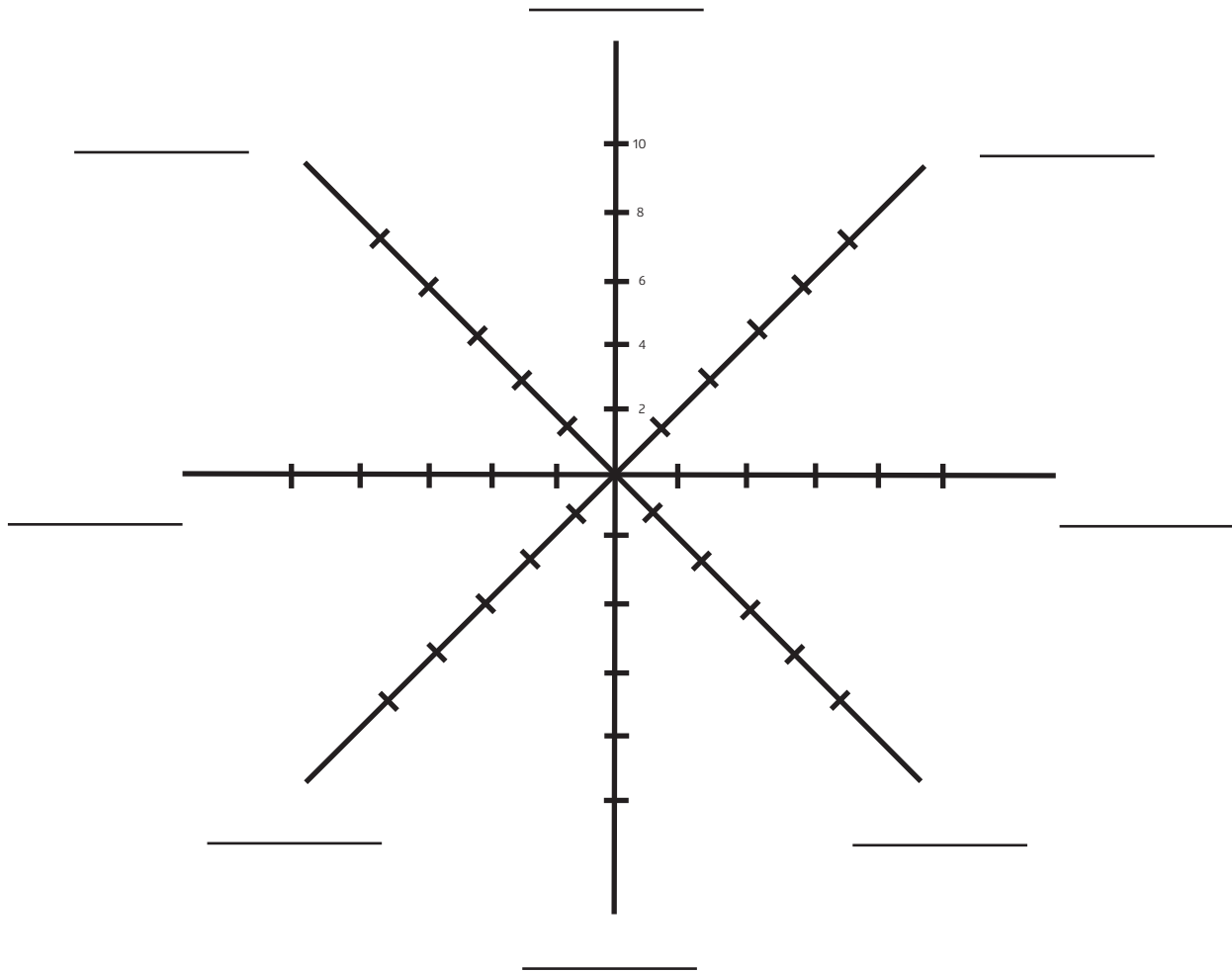


The Wheel of Life Worksheet — We all have times where we feel unbalanced, and sometimes, the best way to find out why you feel that way is to dig in to how you feel about each of the various aspects of your life. In the Wheel of Life worksheet, it's very easy to see where you need to focus your attention.

THE EXERCISE



	Score	Goal
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____

Step one. Determine which areas of your life you want to focus on. Keep in mind that you are determining what you are measuring—it could just as easily be the names of people important to you, or different projects that you have going at the same time. Write them below.

Step two. Score each one, on a scale of 1-10, with 10 being “completely satisfied” and 1 being “unsatisfied.”

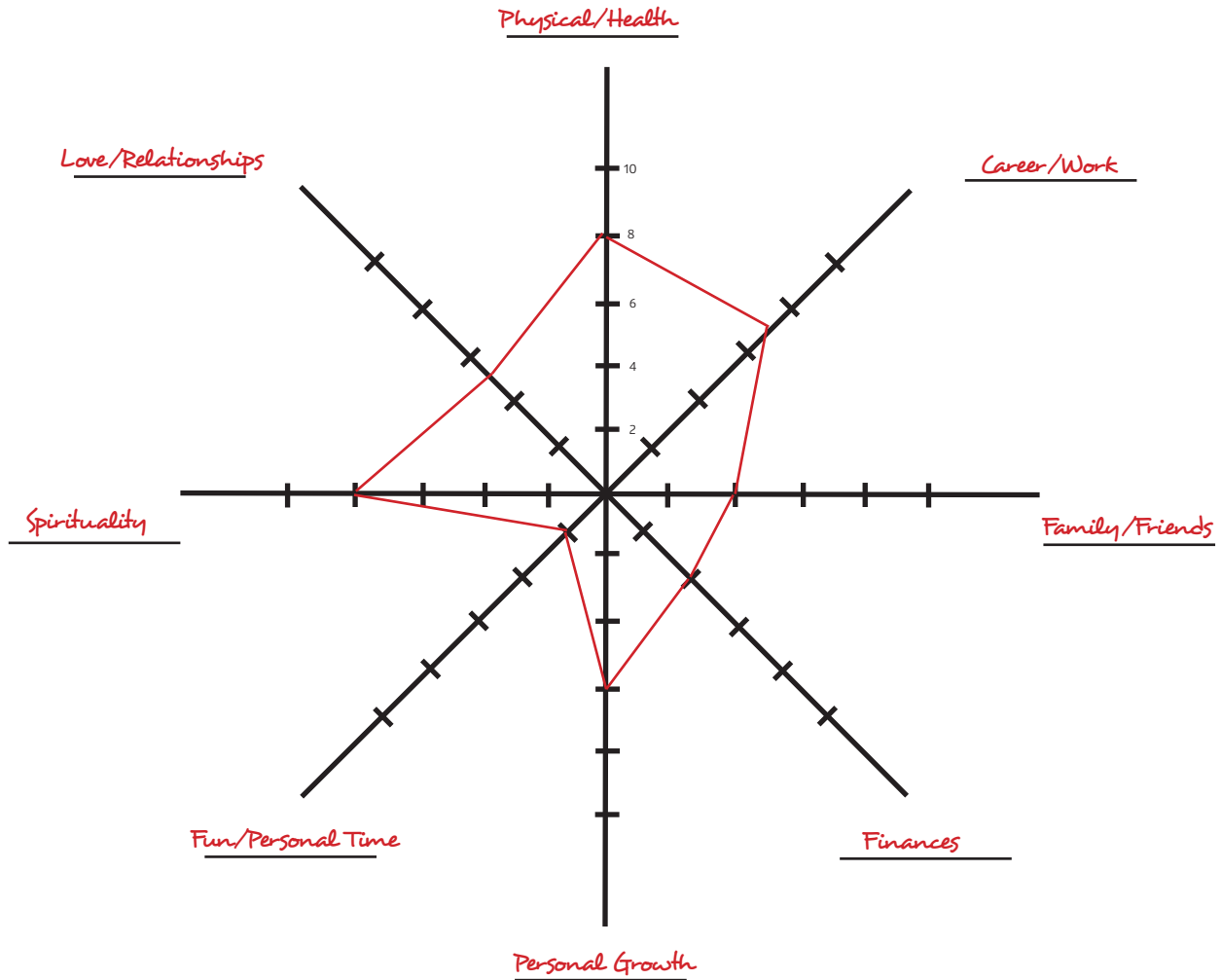
Step three. Graph each score on the corresponding point in the star above.

Step four. Once you've seen your wheel, focus on each point and write down the main goal you want to accomplish immediately.

Remember: this tool is fluid, so you can revisit it as often as you like. Your priorities will change often, especially as you meet certain goals.

THE EXERCISE

The Wheel of Life Worksheet – We all have times where we feel unbalanced, and sometimes, the best way to find out why you feel that way is to dig in to how you feel about each of the various aspects of your life. In the Wheel of Life worksheet, it's very easy to see where you need to focus your attention.



	Score	Goal
1. <u>Physical/Health</u>	<u>4</u>	<u>Continue 3x/wk workouts</u>
2. <u>Career/Work</u>	<u>7</u>	<u>Focus on Q4 plans for growth</u>
3. <u>Family/Friends</u>	<u>8</u>	<u>Plan family trip to Six Flags before school</u>
4. <u>Finances</u>	<u>4</u>	<u>Revise 2015-16 Budget to show new goals</u>
5. <u>Personal Growth</u>	<u>6</u>	<u>Read new book on time management</u>
6. <u>Fun/Personal Time</u>	<u>2</u>	<u>Sign up for kickboxing class</u>
7. <u>Spirituality</u>	<u>8</u>	
8. <u>Love/Relationships</u>	<u>5</u>	<u>Set date night for next week</u>

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