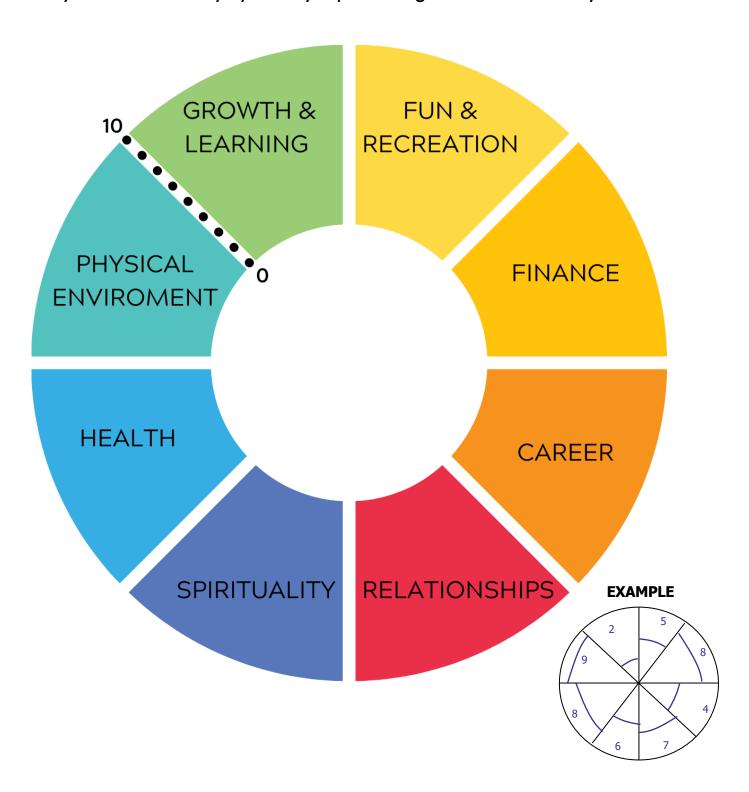


The Wheel of Life is a powerful tool that will help you gain a holistic view of your current reality by visually representing the 8 core areas of your life.





KEY POINTS:

- Balance and fulfilment are personal and unique to each individual what may be satisfying for you may
 be stressful or boring for others. It's important to consider your own personal wants and desires in this
 exercise. (not the wants and desires you think others expect of you)
- This exercise helps raise your awareness of your current reality, which allows you to clarify your priorities
 and create a life that's more of a smooth, satisfying ride (i.e. a life of flow).
- Life satisfaction is best assessed regularly (every 90 days, as in the Better Life Framework). A regular checkin with this exercise can highlight useful patterns and help you learn even more about yourself, as you grow, change and transform.

FIRST, COMPLETE YOUR WHEEL:

*print this exercise and grab a pen or pencil (any writing utensil will do)

- 1. Review the 8 categories on your Wheel of Life. The categories should together create a view of a satisfying life. If necessary, customize each category to add in something that's missing, or re-label an area to make it more meaningful, for YOU. Examples of changes are:
 - Relationships: Changing the category name to "Spouse" "Family" or "Friends"
 - Spirituality: Changing the category name to "Church" or "Faith" or "Religion"
 - Career: Changing the category name to "Motherhood" or "Work" or "Business" or "Volunteering"
 - Health: Changing the category name to ""Nutrition" or "Fitness" or "Wellbeing"
 - Other categories to consider include "Security", "Service", "Leadership", "Achievement" or "Community".
- 2. Next, think about what satisfaction would feel like in each area, for YOU.
- 3. Rank your level of satisfaction in each area by drawing a line across each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) across each area to show how satisfied (or dissatisfied) you currently are with each category in life. (see example above on bottom right side of first page)
 - IMPORTANT: Use the FIRST number that pops into your head, not the number you think it should be.
- 4. Connect your lines to as a visual representation of YOUR Wheel of Life. (i.e. you will see if your life is a smooth ride or a bumpy ride; in flow or out of flow)



NEXT, ANSWER THE FOLLOWING QUESTIONS:

*using the space below, notebook paper or a journal, consider and answer the following questions.		
1.	How do you feel about your life as you look at your Wheel?	
2.	What area(s) did you rank the highest and what do you think contributes to your satisfaction in this area?	
3.	What area(s) did you rank the lowest, and what factors do you believe contribute to your dissatisfaction?	
4.	Looking at your Wheel of Life, which area(s) are you most motivated to improve?	



5.	What improvements would increase your rating in this area(s)? (for ex: if the area you chose to improve was your health- what would your health look like in 90 days, for you to increase your ranking from a 5 to a 7?)
6.	How do the different areas in your life influence each other, and what impact does this have on your overall ability to live a more overall satisfying/"in flow" life?
7.	What help and support might you need from others to make changes and be more satisfied with your life?
8.	If there was one key change you could make that would begin to bring you more fulfilment, what would it be?