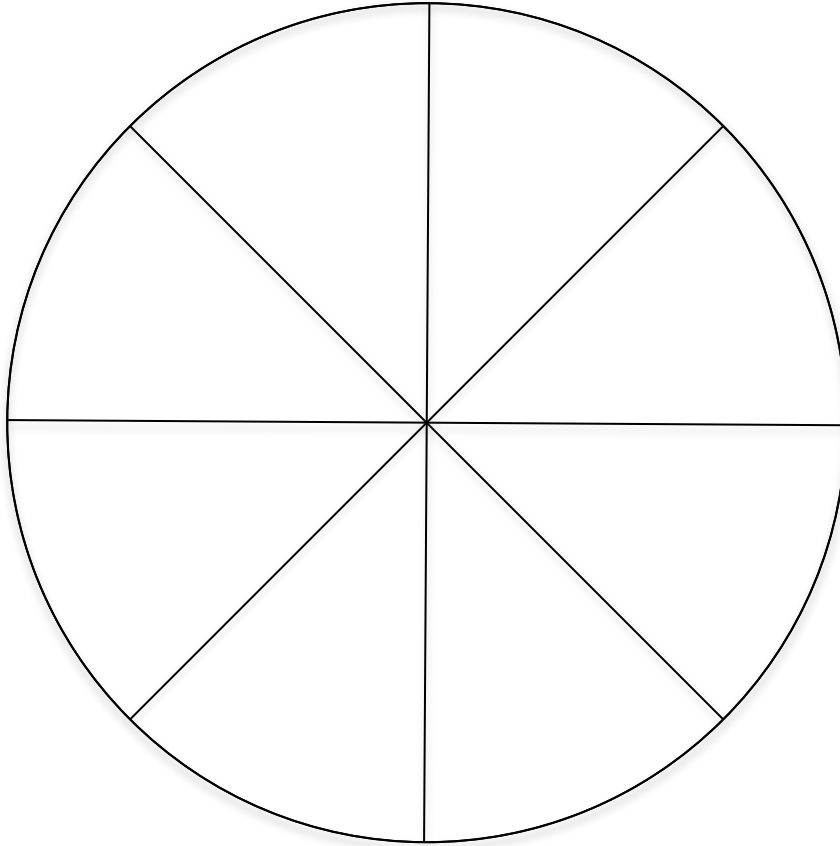


The Wheel of Life

NAME: _____

DATE: _____



INSTRUCTIONS

- Start by making a list of areas in your life that are important to you, ie: health, wellbeing, relationship with partner, kids, work, fun, exercise, free time, finances, friendships, relatives, personal development, spirituality, etc.
- Let each "triangle" represent an area. You can add or remove "pies" so they fit your number of areas
- Let the middle of the wheel be 0 and the outside 10.
- Choose one of the following categories and make a mark for it in each pie:
 - o How important this is
 - o How I prioritize this today
 - o How satisfied I am with it
 - o How much time I spend on it
 - o How much time I'd like to spend on it
- You can choose two categories and compare them ie. How important and how I prioritize. You can also make up your own categories.
- You can come back over time and fill them out again and compare

