

WHEEL OF LIFE



The Wheel of Life categories include:

1. **Health:** It includes your physical and mental health. Your Diet, sleep, rest, relaxation and exercise fall under this category.
2. **Finance:** It includes your income and your ability to manage your money effectively, save, budget, and invest and your relationship with money (lack or abundance).
3. **Career/ Work/ Studies:** It includes your purpose, success, growth and achievement. Even if you are a homemaker will also come under this.

WHEEL OF LIFE

4. **Family:** It includes your quality of relationship, healthy communication, quality time and support available within your family members
5. **Social & Friends:** It includes creating satisfying relationships with others. It includes positive, like-minded friends whom you can talk to about anything. Also, your social contribution falls here.
6. **Love & Romance:** If you're in a relationship, this represents your satisfaction with your relationship. If you're single, it represents the amount of love you feel in your life and how vibrantly you're living your life as a single. Just because you're single doesn't mean that you'll automatically get a 0/10; similarly just because you are with someone doesn't mean that you'll get a 10/10. A single can rate him/ herself highly here just as someone in a relationship can rate him/herself lowly here.
7. **Personal Development:** It includes your education, confidence, openness to new experiences and eagerness to learn.
8. **Fun & Recreation:** It includes how much you are enjoying your life, the amount of time you spend on your re-creation; explore your hobbies and interests outside of work.
9. **Environment:** It includes pleasant and stimulating environment that supports your well-being.
10. **Spirituality:** It includes your spiritual connection to both the inner and outer world.

Directions: The ten sections in the Wheel of Life represent balance. Consider the center of the wheel as 0 and the outer edge as 10, rate your level of satisfaction in each area of your life in the wheel below. If you felt **"extremely satisfied"**, mark **"10"** on the wheel, if you felt **"so-so"**, mark **"5"** and if you felt **"extremely dissatisfied"** mark **"0"** in the center of the Wheel.

Create your own Wheel of Life

After giving the rating in each area of your life, draw a straight or curved line to create a new outer edge (see example below). The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Is your Wheel of Life balanced? How satisfied are you?

Understanding your Scores

8 – 10: If you have scored 8 – 10 for any of the categories. It means you are very satisfied in this particular area. It is important to ensure that this is maintained, but that improvement in this area is always possible.

WHEEL OF LIFE

5 – 7: If you have scored 5 – 7 for any of the categories, you are reasonably satisfied in that particular area but you can explore opportunities to move further in this category.

0 – 4: If you have scored 0 – 4 for any of the categories, you are not very satisfied in this particular area and you will need to explore ways of enhancing your satisfaction here. This is in fact very exciting because you haven't explored fully the opportunities that are available to you in this area.