

WHEEL OF LIFE

The Wheel of Life tool is used all over the globe to help identify areas you focus on, possible imbalances, and areas of improvement.

Steps to complete:

1. Identify the areas/focus in your life. For example: Health, Relationships, Career, Spirituality, Kids, Marriage, Finances, Contribution, Hobbies, Fun, etc. Title them next to the slice of pie.
2. Be honest about where you are in each area. This may take some time. The lower the number (for example a zero, means you are completely unsatisfied, while the outer edge is a 10 and its outstanding).
3. Then color in the area of fulfillment for each section up to that number.
4. Reflect on where you'd like to be in the future, and then draw a dotted line at that number. For example, if your relationships are a 4, and you'd like an 8, the area between the colored area and the dotted line (4 to 8 in this example) is our Growth Gap.

