

# Wheel of life



## Growth Financial Planning

*Creating Wealth Together*

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## The Wheel of Life explained

“The Wheel of Life” is a frequently used tool to address your satisfaction with important life domains (Dean, 2004; Whitworth, Kimsey-House, & Sandahl, 1998).

This tool requires that you first identifies specific life domains (career development, relationships, leisure time, etc.) and then rates these domains on a scale of one to ten (from ‘not at all satisfied’ to ‘completely satisfied’).

After rating one’s domains, opportunities to increase satisfaction in each domain are discussed.

### **The Goal**

The goal of this tool is to assess your perceived satisfaction/dissatisfaction with the different domains of life.

The Wheel of Life is not a picture of the past.

It is a snapshot taken at the moment, and because of this, it is subject to change. The wheel provides you with information about the “now,” and is used it to point out the gaps between what is true today and what you want for the future.

When used regularly, this tool is an excellent way to help you see how far you have come.

Repeated measures allow you to monitor your progress in perceived life balance.

Periodic balance checks can highlight useful patterns and facilitate behavior change.



## The Wheel of Life Instructions

### Step 1:

The Wheel of Life allows you to get a snapshot of how satisfied you are with your life.

Fig 1 of the exercise, there are ten **pre-defined** domains on the wheel:

- Money & Finance
- Career & Work
- Health & Fitness
- Fun & Recreation
- Environment
- Community
- Family & Friends
- Partner & Love
- Growth & Learning
- Spirituality

Fig 2 allows you to enter the life domains on the wheel.

### Step 2:

Rate your level of satisfaction with each of the domains using the wheel on Fig. 1. A score of 1 indicates that you are not satisfied, and a score of 10 means you are highly satisfied.

### Step 3:

After you have rated each of the domains, connect the lines to form an inner wheel. This gives you an overview of the level of satisfaction with your life. For an example of a completed wheel, see Fig. 2

**The next steps are journal promotes on the pages below.**



Fig. 1. The Wheel of Life with pre-defined life domains

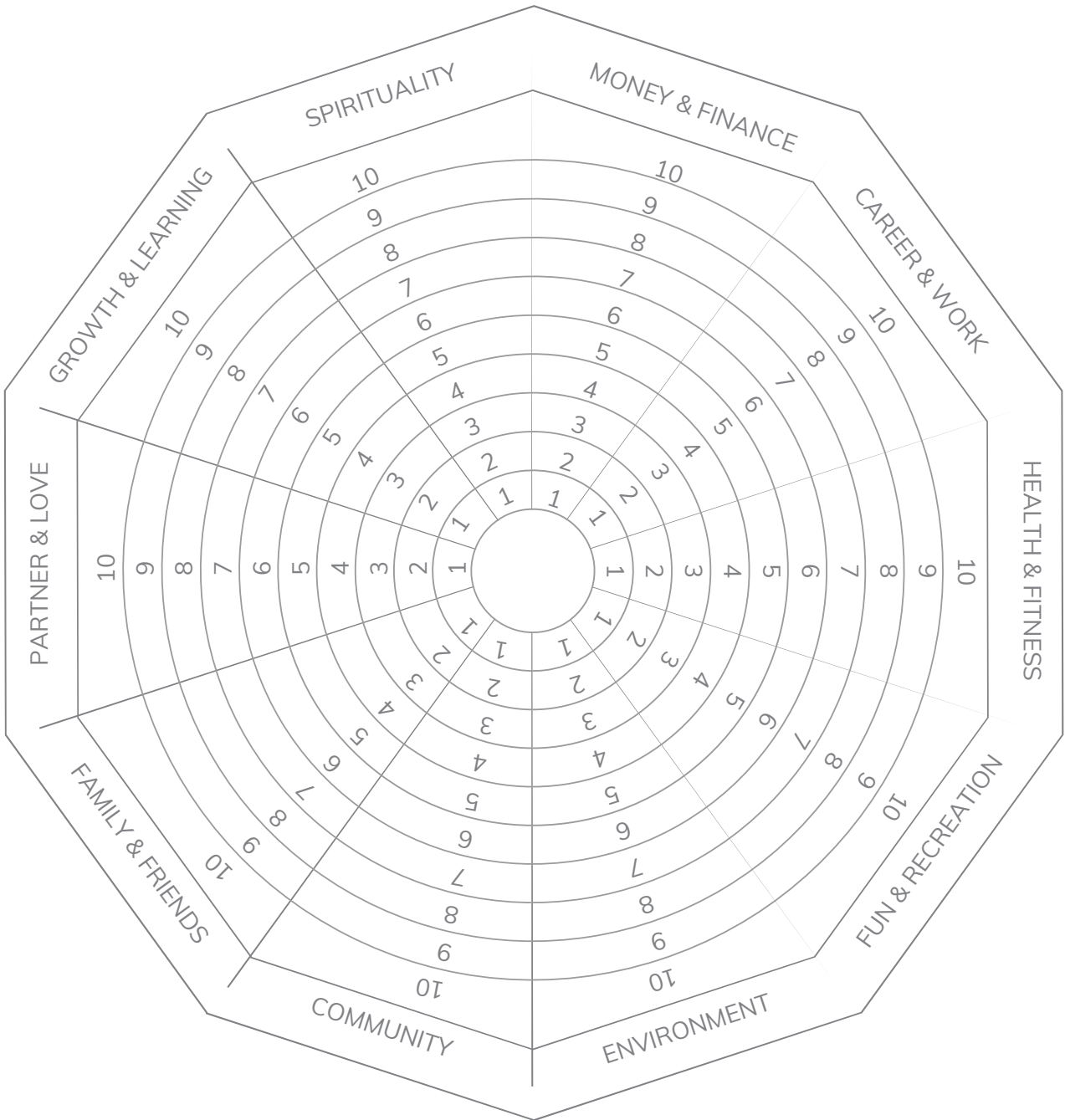
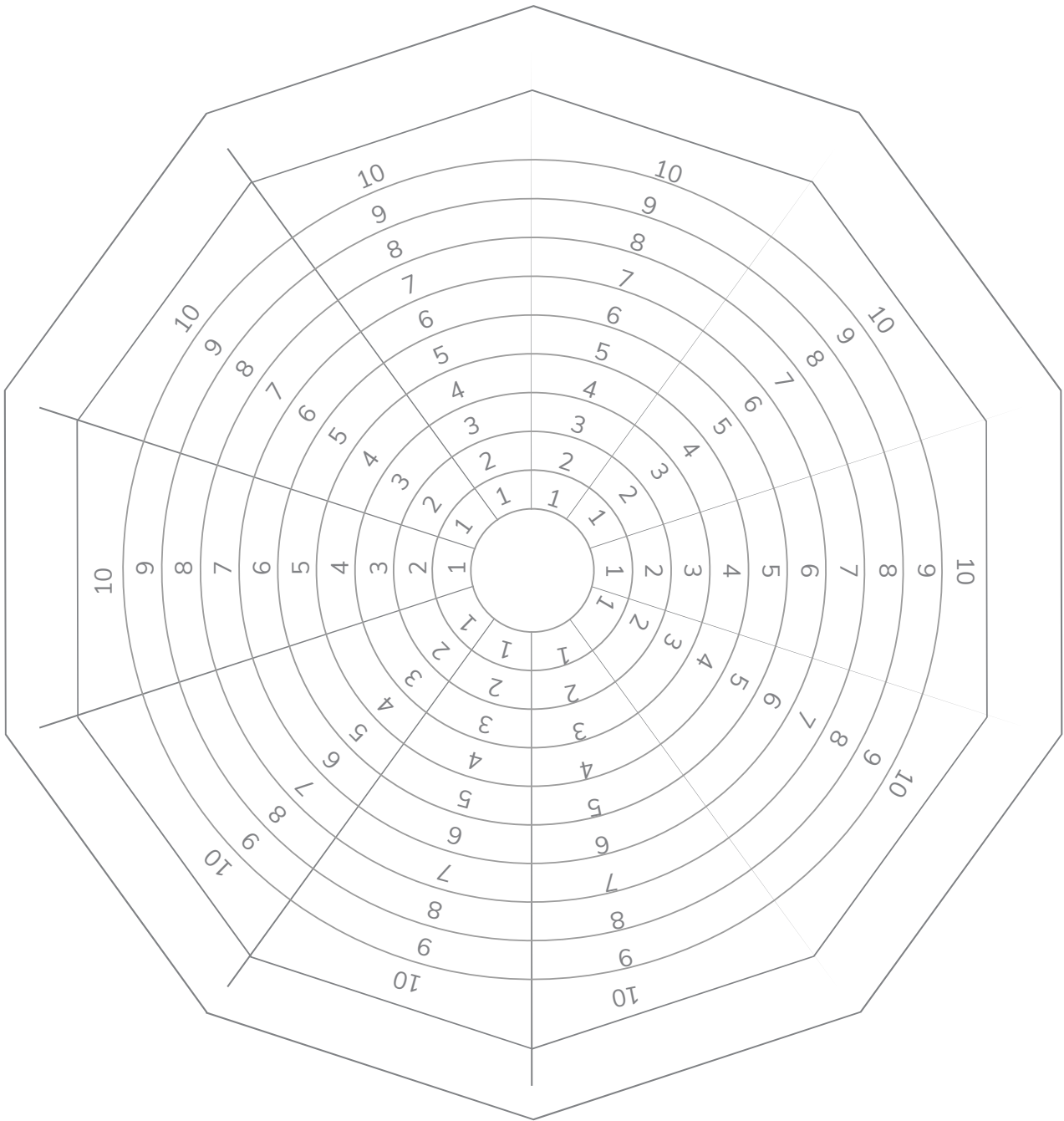




Fig. 2. The Wheel of Life for you to enter the life domains





## The Wheel of Life instructions

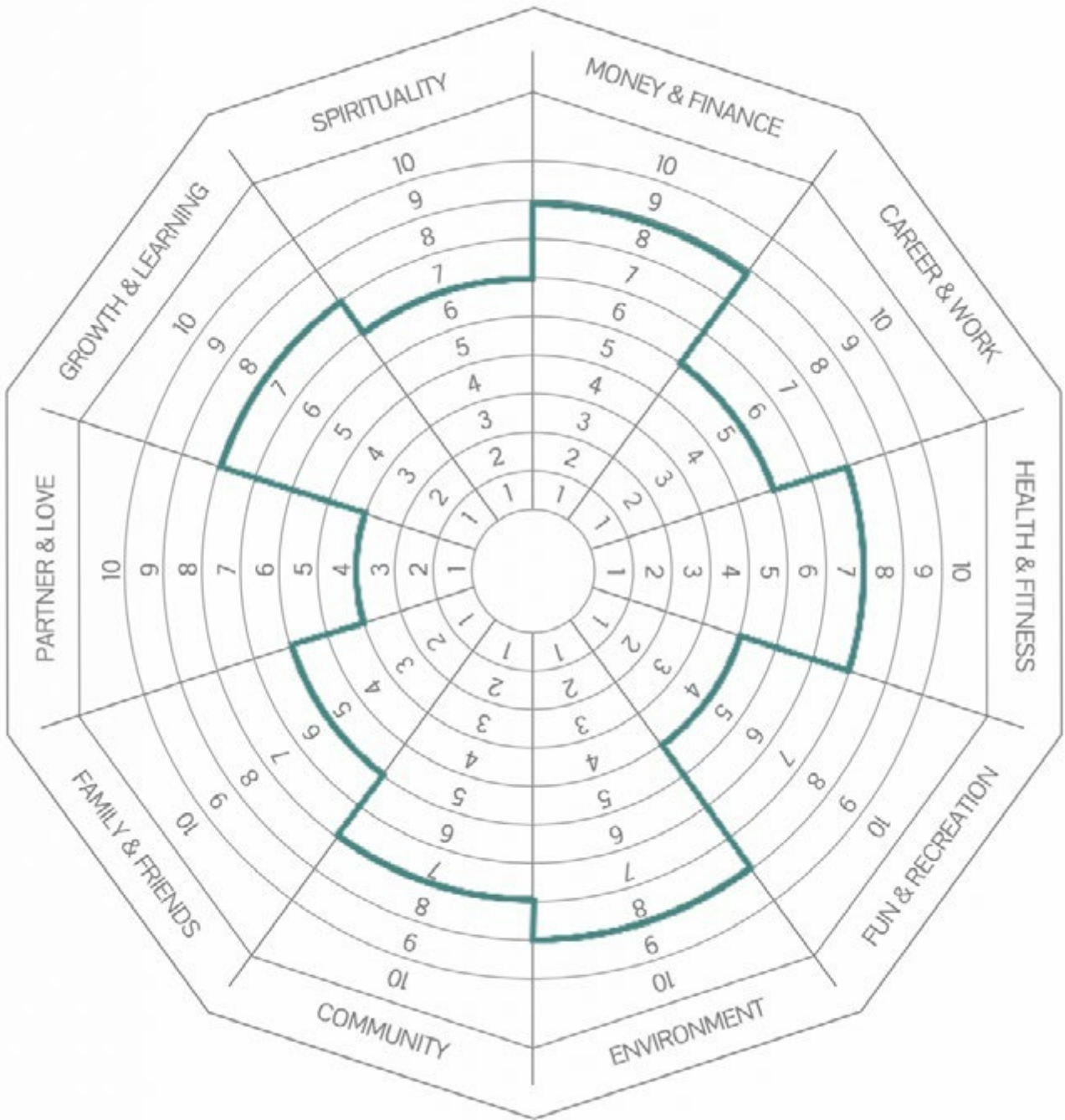
**Step 4** Which domains draw your attention?

**Step 5:** What about this domain need attention?

**Step 6:** What can you do to raise your satisfaction in this domain?



Fig. 3. Example of a completed version of The Wheel of Life



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