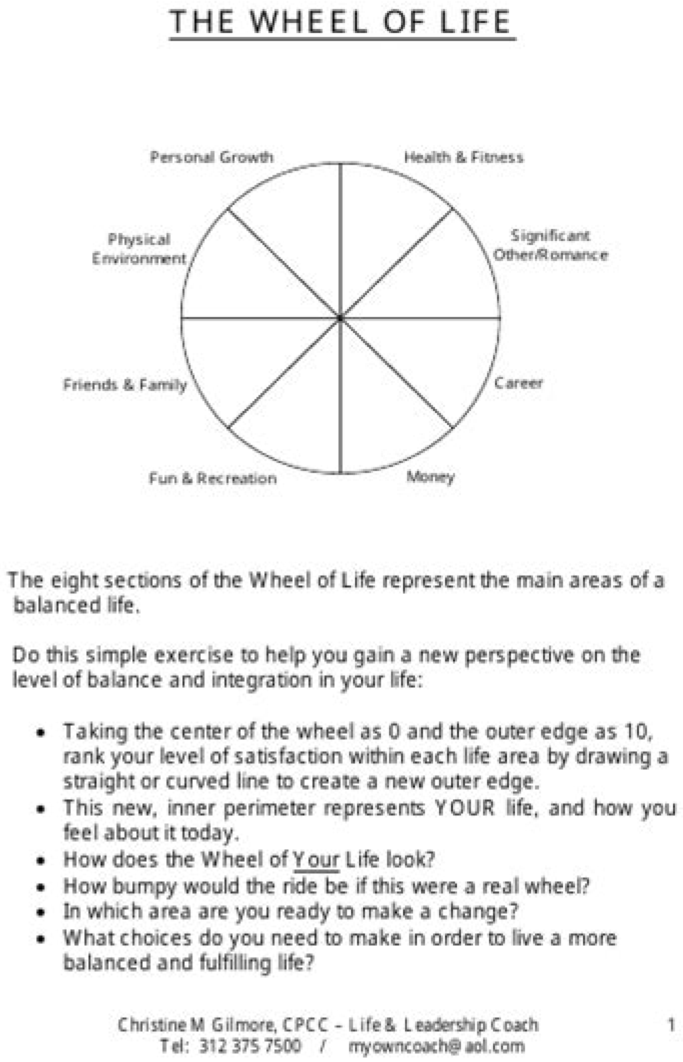
Wheel Of Life Worksheet



THE WHEEL OF LIFE

Personal Growth
Health & Fitness
Physical Environment
Significant Other/Romance
Friends & Family
Career
Fun & Recreation
Money

The eight sections of the Wheel of Life represent the main areas of a balanced life.

Do this simple exercise to help you gain a new perspective on the level of balance and integration in your life:

- Taking the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction within each life area by drawing a straight or curved line to create a new outer edge.
- This new, inner perimeter represents YOUR life, and how you feel about it today.
- How does the Wheel of Your Life look?
- How bumpy would the ride be if this were a real wheel?
- In which area are you ready to make a change?
- What choices do you need to make in order to live a more balanced and fulfilling life?

Christine M Gilmore, CPCC – Life & Leadership Coach 1
Tel: 312 375 7500 / myowncoach@aol.com

Wheel of life worksheet is a powerful tool used in personal development and coaching to assess and improve various areas of one’s life. It provides individuals with a visual representation of the different facets that contribute to overall well-being, helping them identify areas that may require more attention and balance. The Wheel of Life can be a catalyst for self-reflection, goal setting, and strategic planning, enabling individuals to lead more fulfilling lives.

What is the Wheel of Life?

The Wheel of Life is a graphical representation that divides life into several segments or categories. Each segment represents a different area of one’s life, typically including:

- Career
- Relationships
- Health
- Personal Growth
- Fun and Recreation
- Finances
- Physical Environment
- Contribution and Giving

The wheel is often depicted as a circle divided into these segments, resembling a pie chart. Each segment can be rated on a scale from 1 to 10, with 1 representing complete dissatisfaction or lack of fulfillment in that area, and 10 representing complete satisfaction or fulfillment.

Purpose of the Wheel of Life

The main purpose of the Wheel of Life is to provide individuals with clarity about their life’s balance. By evaluating each segment, individuals can:

1. Identify Imbalances: Recognize areas of life that may be neglected or overemphasized.
2. Set Goals: Establish specific, actionable goals to improve areas that are lacking.
3. Track Progress: Monitor changes over time and see how efforts in specific areas affect overall life satisfaction.
4. Enhance Awareness: Foster greater self-awareness about personal values and priorities.

How to Use the Wheel of Life Worksheet

Using the Wheel of Life worksheet involves several steps that guide individuals through self-assessment and goal-setting. Here’s a detailed breakdown of the process:

Step 1: Download or Create the Worksheet

You can either download a pre-made Wheel of Life worksheet available online or create your own. If you opt to create your own, draw a large circle and divide it into eight equal segments. Label each segment with the categories mentioned above.

Step 2: Rate Each Area of Your Life

Using a scale from 1 to 10, rate your satisfaction in each area.

- 1-3: Indicates a low level of satisfaction.
- 4-6: Indicates moderate satisfaction.
- 7-10: Indicates high satisfaction.

Mark your score on each segment of the wheel. You can fill in the segments with colors or shade them in to visually represent your satisfaction level.

Step 3: Analyze Your Results

Once you have rated all segments, take a step back and analyze the wheel. Look for areas that stand out:

- Which segments are the lowest? These are areas that may require immediate attention.
- Are there any surprising scores? Reflect on why certain areas may be scoring higher or lower than expected.
- Is your wheel balanced? Ideally, a balanced wheel will have scores that are relatively similar across segments. A lopsided wheel may indicate that you are focusing too much on one area of life at the expense of others.

Step 4: Set Goals for Improvement

Based on your analysis, set specific goals for areas that need improvement. Use the SMART criteria for goal-setting:

- Specific: Define your goal clearly.
- Measurable: Ensure that you can measure your progress.
- Achievable: Set realistic goals that consider your current situation.
- Relevant: Make sure your goals align with your values and life vision.
- Time-bound: Establish a deadline for achieving your goals.

For example, if your "Health" segment rated a 4, you might set a goal to exercise three times a week for the next month.

Step 5: Create an Action Plan

Once you have set your goals, create an action plan outlining the steps you will take to achieve them. This could include:

- Daily habits to adopt
- Weekly check-ins to monitor progress
- Resources required, such as books, courses, or professional help

Step 6: Review and Reassess Regularly

Schedule regular intervals (monthly or quarterly) to revisit your Wheel of Life. Reassess your ratings, track your progress, and adjust your goals as necessary. This ongoing process fosters continuous growth and improvement.

Benefits of Using the Wheel of Life Worksheet

The Wheel of Life worksheet offers numerous benefits that enhance personal development. Here are some of the key advantages:

Visual Representation

The visual nature of the wheel makes it easier to comprehend the balance (or lack thereof) in various life areas. It serves as a quick reference point that can be revisited as needed.

Clarity and Focus

The worksheet promotes clarity regarding what matters most in your life, helping you focus on areas that contribute to your overall happiness and fulfillment.

Encourages Accountability

By setting goals and creating an action plan, individuals are more accountable for their personal growth. Regular reviews reinforce commitment to self-improvement.

Enhances Life Satisfaction

Working through the Wheel of Life helps individuals identify specific actions they can take to enhance their life satisfaction, ultimately leading to a more fulfilling life experience.

Common Mistakes to Avoid

When using the Wheel of Life worksheet, it’s essential to avoid common pitfalls that can hinder your progress:

1. Being Too Critical

While it’s important to be honest in your ratings, avoid being overly critical of yourself. Acknowledge that everyone has areas for improvement.

2. Setting Unrealistic Goals

Ensure that your goals are realistic and achievable. Setting unattainable goals can lead to frustration and discouragement.

3. Neglecting to Take Action

Creating a Wheel of Life worksheet is only the first step. Take action on the goals you set to see real change in your life.

4. Forgetting to Reassess

Many individuals complete the worksheet once and forget about it. Regular reassessment is crucial for ongoing personal development.

Conclusion

The Wheel of Life worksheet is an invaluable tool for anyone looking to enhance their personal development journey. By providing a clear, visual representation of life’s different areas, it enables individuals to identify imbalances, set actionable goals, and track their progress. With regular use, the Wheel of Life can lead to greater self-awareness, accountability, and ultimately, a more satisfying and balanced life. Whether you’re a seasoned professional or new to personal development, incorporating the Wheel of Life into your routine can catalyze positive change.

Frequently Asked Questions

What is a Wheel of Life worksheet?

A Wheel of Life worksheet is a visual tool used for self-assessment and personal development. It helps individuals evaluate various areas of their life such as career, health, relationships, and personal growth, providing a holistic view of their satisfaction and balance.

How do you use a Wheel of Life worksheet?

To use a Wheel of Life worksheet, you typically fill in each segment of the wheel according to your satisfaction level in different life areas, rating them from 1 to 10. This helps identify areas that need improvement and set goals for achieving a more balanced life.

What are the main categories typically included in a Wheel of Life worksheet?

Common categories include Health, Career, Relationships, Finances, Personal Growth, Fun & Recreation, Environment, and Contribution. However, you can customize these categories to better fit your personal values and goals.

Can the Wheel of Life worksheet help in goal setting?

Yes, the Wheel of Life worksheet can be a powerful tool for goal setting. By identifying areas of dissatisfaction in your life, you can set specific, actionable goals to improve those areas and track your progress over time.

Is the Wheel of Life worksheet suitable for everyone?

Yes, the Wheel of Life worksheet is suitable for anyone looking to assess their life balance and enhance their personal development. It can be beneficial for individuals, coaches, and therapists as a reflective exercise.

How often should you complete a Wheel of Life worksheet?

It is generally recommended to complete the Wheel of Life worksheet every 3 to 6 months. This allows you to track your progress, adapt your goals, and reassess your satisfaction levels over time.

Are there digital versions of the Wheel of Life worksheet?

Yes, there are many digital versions of the Wheel of Life worksheet available online. These can be found as downloadable templates, interactive apps, or online tools that allow for easy tracking and updating.

What are some common challenges when using the Wheel of Life worksheet?

Common challenges include being overly critical or lenient in self-assessment, difficulty in accurately defining personal satisfaction levels, and not taking actionable steps based on the insights gained from the worksheet.

Find other PDF article:
https://soc.up.edu.ph/67-blur/files?dataid=tPY72-8533&title=word-picture-puzzles-epilepsy-association-of-utah-answers.pdf

Wheel Of Life Worksheet

**pytorchwheelconda - **
Jan 16, 2023 · wheelPyTorchwheelPyTorchPyPI condaPyTorch conda ...

*pythonpipmatplotlib ? - *
Feb 6, 2025 · · python pip matplotlib
1. pip setuptools wheel ...

2.15....
Oct 27, 2024 · Mono
3dB ...

**piprequirements.txtfailed building wheel for - **
Jul 18, 2023 · GitHubPython"pip install -r requirements.txt"
"Microsoft Visual ...

**sci - **
InVisor ~ SCI/SSCISCOPUS CPCI/EI
 ...

PedrailTrack,Caterpillarapron wheel ...
Caterpillar Apron wheel
 ...

WHEA UNCORRECTABLE ERROR ...
360biosCPUs-ca...

**pip install conda install - **
anaconda promptpip install conda install

Chive,Leek,Scallion,Shallot -
Chive,Leek,Scallion,Shallot

**LFDpythonwheel - **
LFDpythonwheel pythongdalwheel

pytorchwheelconda -
Jan 16, 2023 · wheelPyTorchwheelPyTorchPyPI condaPyTorch
conda

**pythonpipmatplotlib ? - **
Feb 6, 2025 · · python pip matplotlib
1. pip setuptools wheel pip

2.15....
Oct 27, 2024 · Mono
3dB

pip安装requirements.txt出现failed building wheel for - 知乎
Jul 18, 2023 · 今天从GitHub上下载了一个Python开源项目，配好虚拟环境后进入打算"pip install -r requirements.txt"安装，谁知埋头撞墙，第一次遇到这种情况，说是"要安装Microsoft Visual C++ 14.0以上版本,从Microsoft C++构建工具获取"，顿时一脸懵。 报错如下：

如何知道一个期刊是不是sci？ - 知乎
欢迎大家持续关注InVisor学术科研！喜欢记得 点赞收藏转发！双击屏幕解锁快捷功能~ 如果大家对于 「SCI/SSCI期刊论文发表」「SCOPUS 、 CPCI/EI会议论文发表」「名校科研助理申请」 等科研背景提升项目有任何想法的话，十分欢迎大家来戳一戳芳老师（一般人芳老师是不会告诉ta客服微信滴： invisor003 ...

Pedrail，Track,Caterpillar，apron wheel都有履带的意思，如何区 …
Caterpillar：通常指由一系列齿轮和齿条组成的履带系统，常用于重型机械的底盘上，如挖掘机和推土机。 Apron wheel：通常指一种由一系列金属板组成的轮状履带系统，常用于挖掘机等工程机械的底盘上。 在具体使用时应根据具体情况来选择使用哪个词。

世上最难解的蓝屏，WHEA UNCORRECTABLE ERROR的解决方法？ … 第一无法自动生成蓝屏报告，系统360等无法检测蓝屏第二关闭bios中CPU的s-ca啥的也不行第三平时正常使用，…

请问大神们，pip install 和conda install有什么区别吗？ - 知乎
请问大神们，在anaconda prompt里安装第三方库，pip install 和conda install有什么区别吗？

Chive,Leek,Scallion,Shallot有什么区别？ - 知乎
Chive,Leek,Scallion,Shallot实际都是什么品种的葱一直说法不一，各地也有差异 。

LFD的python包wheel网站无了？ - 知乎
LFD的python包wheel网站无了？ 最近换了电脑，东西都要重装，都知道有的python，比如gdal官方貌似不提供wheel，而是直接提供未编译源码。

"Transform your life balance with our comprehensive wheel of life worksheet. Discover how to assess and enhance your well-being today! Learn more."

Back to Home