

Wheel of Life Exercise

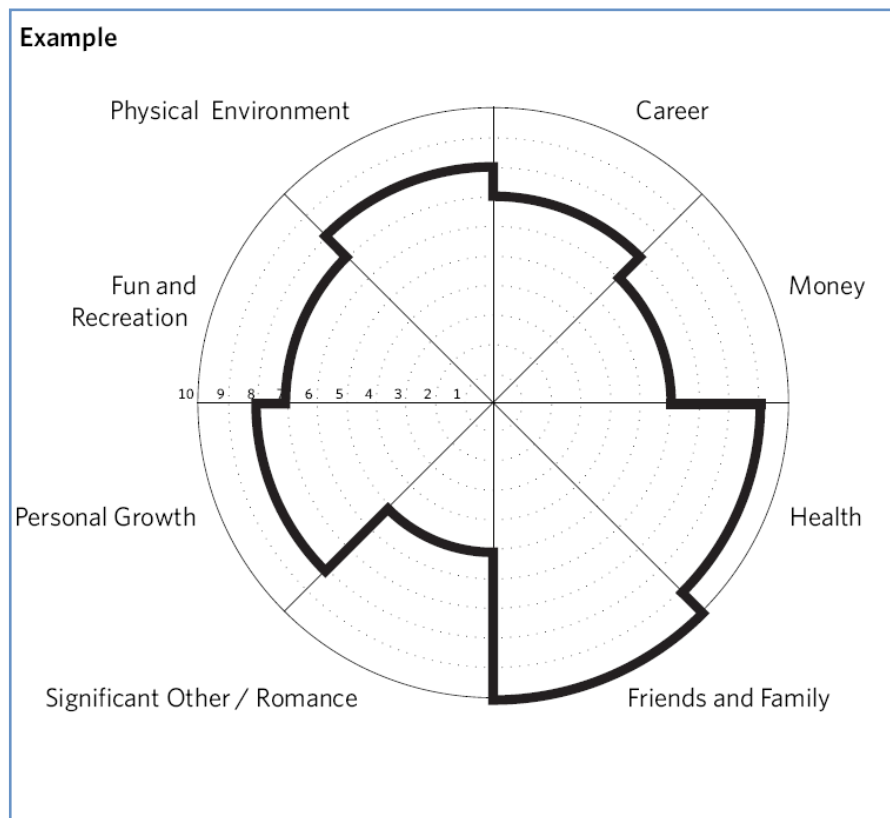
The wheel on the following page contains eight sections that, together, represent one way of describing a whole life.

You, as client may have other labels or categories or may wish to divide friends and family. The structure is up to you.

The exercise measures your level of satisfaction in these areas on the day you work through this exercise. It is not a picture of how it has been in the past or what you want it to be in the future. It is a snapshot taken in the moment. It is not a report card on how well you have performed or what you have achieved. The emphasis is on your level of satisfaction in each area.

Directions:

With the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Let's look at areas where you want to improve your level of satisfaction and begin to think about what you might do about it.



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