

The Wheel of Life Instructions

"The Wheel of Life" is broken into a pie with 8 slices:

Business/Career

Finances

Health

Family and Friends

Romance

Personal Growth

Fun and Recreation

Physical Environment

Plot each section on your graph and rank each 1-10 (1 being poor, 10 being "it can't get any better"). Color in each slice and see where you currently rank. It is very eye-opening and it's a good time to recognize that if you put all of your energy in certain areas, your life will not be balanced or satisfying. What areas are lacking in your life? What's working well in your life?

Make a goal in each section and set a date for when you will accomplish the task.

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