

Wheel of Life Instructions

Tool Description Instructions (pre-defined life domains)

Step 1 - The Wheel of Life allows us to get a snapshot of how satisfied you are in your life. In this version 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

Step 2 - Rate your level of satisfaction in each of the domains using the wheel attached. A score of 1 indicates that you are not satisfied at all 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 in your life.

Step 4 – We will discuss what ways you want to change the shape of the inner wheel. Which domains draw your attention?

Step 5 – Before our next session, consider these three questions:

- Why does this domain need attention?
- What would it take to raise your satisfaction by one score in this domain?
- What can you do to raise your satisfaction in this domain?

