



## The Wheel of Life Assessment Instructions

### 1. Getting Oriented on a Map:

To close the gap from where we are to where we want to be starts by getting very clear where you are right now. A map can only guide us to where we want to go if we know precisely where we are on the map right now as the starting point. Being honest in our assessment is the key to having a precise starting point. Consider the wheel of life as our map for life and feel free to change the wording or order to whatever is more meaningful to you.

### 2. Pinpointing Our Status in Each Area of Your Life:

Look at The Wheel of Life map. The middle of the circle corresponds to '0%' satisfaction and the outside ring of the circle corresponds to '100%' fulfillment. Now, focusing on one area of our life at a time, give yourself a grade on a scale of '0 to 100' of where we are today versus where we really want to be. Do this for all areas of our life. For example, we might rate ourselves at '70%' in our family life, an '80%' in career, '50%' in resources, '60%' in body, '50%' in energy and '90%' in mind, etc.

### 3. Connecting All Areas of Our Life:

When we're done rating each area, draw a line across each section or area of our life into the next section connecting all the status points from each grade we gave ourselves. Then color in or shade in the inner areas of this connecting line. Now, let's call this new image we've created "our current wheel of life". If this wheel were a tire on our car called life, how would our car ride at 10mph? How would our life move at full steam ahead 100mph?

If our tire is a little bit out of balance and we turn on the gas, it's gonna be one heck of a ride. The same is true of our lives. When certain areas of our lives are out of balance, we tend to experience more bumps in the road. We can still achieve our desired destinations but it might take us a bit longer and the ride isn't going to be as smooth or fun!

### 4. Balancing the Areas of Our Lives:

Choose 3-4 priority areas of our lives that if improved would create more overall balance, ease and fulfillment in our lives, then priorities them in order of importance.