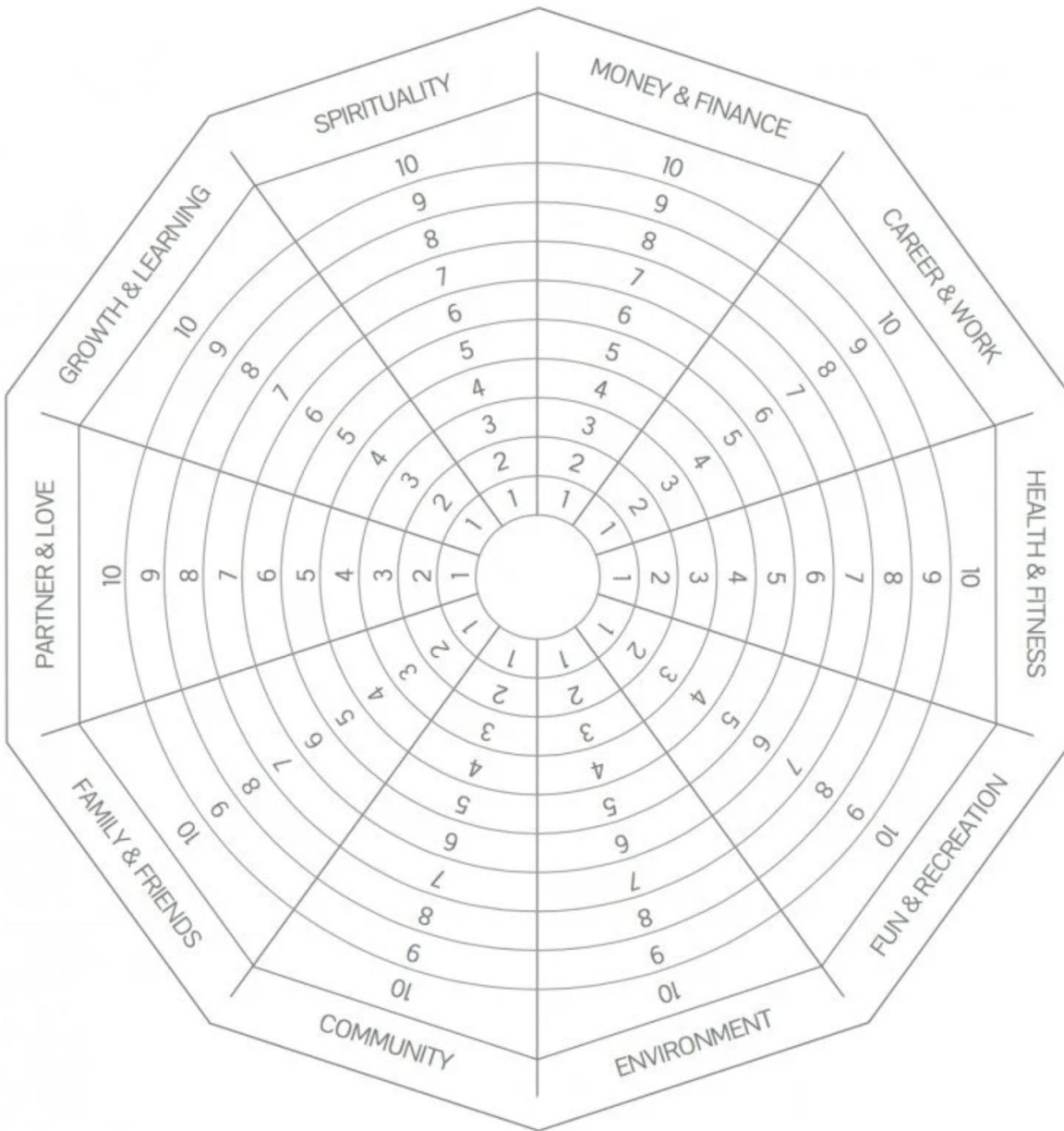


Wheel of Life

Name _____ Date _____



Please, score each category by circling the appropriate number.
1 is for low satisfaction.
10 is for high satisfaction.

The original idea behind the 'Wheel of Life' came from industry pioneer Paul J. Meyer in the 1960s to help people realize their goals.

While the wheel today has many different forms and names—including the Life Balance Wheel, Coaching Wheel, and the Wheel of Success—they share a common purpose, *transformation*.

Its beauty is its simplicity.

The Wheel of Life provides a snapshot of your well-being and the level of satisfaction in your current circumstances.

This exercise provides insight into whether or not your life is in balance. While, from a more detailed perspective, it captures whether individual areas of your life are either meeting your needs and making you happy or leaving you dissatisfied and stressed that affects your health.