

Self-Assessment: Wheel of Life

Instructions:

Print this worksheet or open it in a digital note-taking app.

For each category, rate your satisfaction level from 1 to 10, with 1 being very dissatisfied and 10 being extremely satisfied.

Draw a line or shade the section to represent your satisfaction level in each category.

Once completed, observe the overall balance of your Life Wheel and reflect on areas that might need more attention.

Category ideas (use as inspo make sure the categories reflect important aspects in your life):

Career/Work: How satisfied are you with your current career or work situation?

Finances: How satisfied are you with your financial stability and security?

Health: How satisfied are you with your physical and mental health?

Relationships: How satisfied are you with your relationships with family and friends?

Personal Growth: How satisfied are you with your personal growth and self-development?

Fun and Recreation: How satisfied are you with the activities and hobbies you engage in?

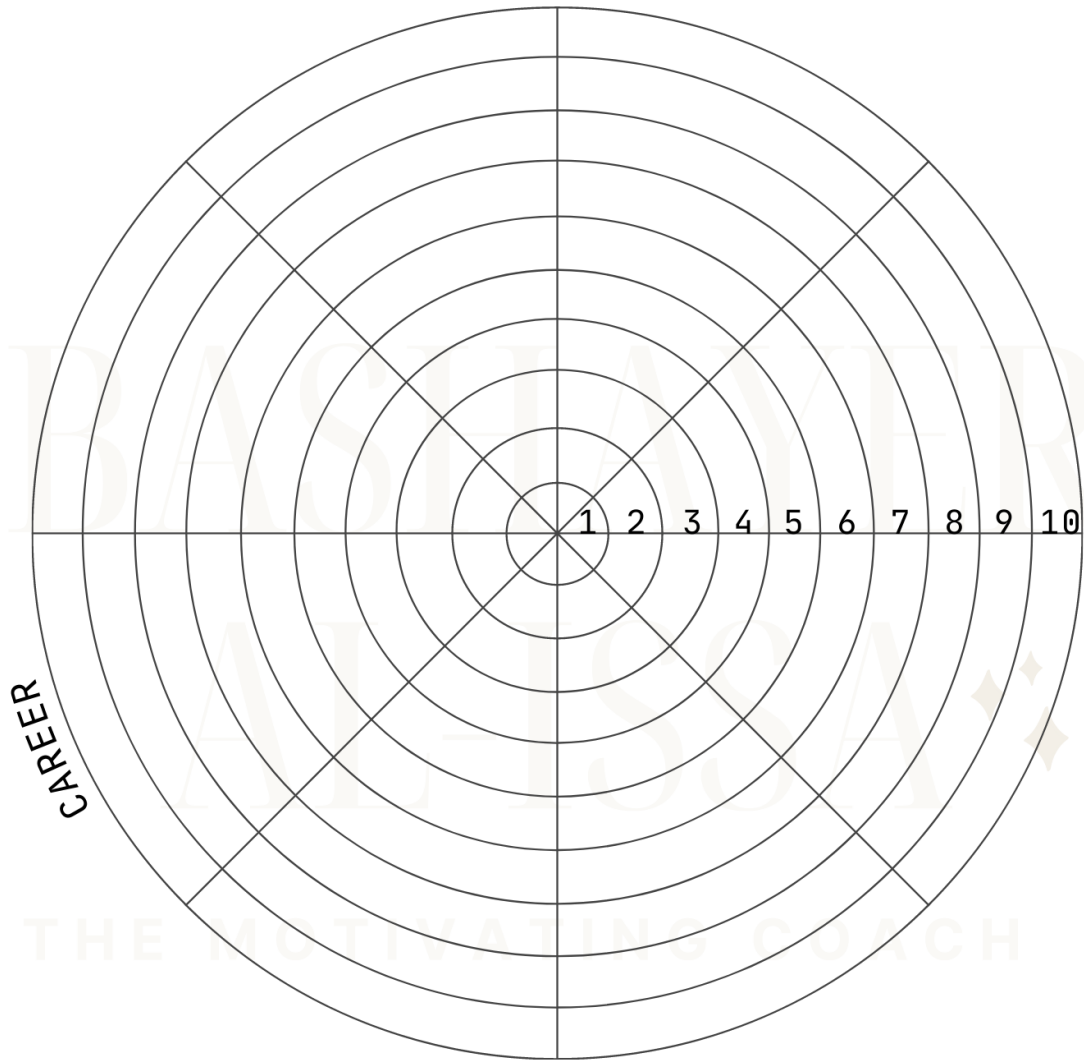
Romance/Love Life: How satisfied are you with your romantic or love life?

Environment: How satisfied are you with your living and physical environment?

Spirituality: How satisfied are you with your spiritual or inner well-being?

Contribution/Social Impact: How satisfied are you with your contribution to society or your community?

WHEEL OF LIFE



Use the results as a starting point for seeing where you need to focus, and what goals you can create to improve areas that are lower on satisfaction.

