

**THE WHEEL OF LIFE – Quick Self-Check**



Rate each area of your life from 1–10

(1 = very dissatisfied, 10 = fully satisfied)

**Life Areas**

Career / Work – score 1–10:

1	2	3	4	5	6	7	8	9	10

Business / Finances – score 1–10:

1	2	3	4	5	6	7	8	9	10

Health and Energy – score 1–10:

1	2	3	4	5	6	7	8	9	10

Relationships – score 1–10:

1	2	3	4	5	6	7	8	9	10

Personal Growth – score 1–10:

1	2	3	4	5	6	7	8	9	10

Fun and Enjoyment – score 1–10:

1	2	3	4	5	6	7	8	9	10

Environment (home, surroundings) – score 1–10:

1	2	3	4	5	6	7	8	9	10

This tool is for reflection and clarity – it is not a substitute for professional advice or a guarantee of outcomes. Trust your judgment and seek additional support where needed.

Purpose / Meaning – score 1–10:

1	2	3	4	5	6	7	8	9	10

**Reflection**

1. Which area scored the lowest?

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2. Which area matters most to improve right now?

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3. What would a +2 improvement look like in that area? (Make it specific but realistic)

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**Small Step Forward**

What is ONE action you can take this week to improve that area?

**Optional Visual Exercise**

Using a pen/pencil, paper and colours:

- Draw a circle and divide it into 8 equal slices
- Label each slice with the life areas above
- Shade each slice from the centre outward based on your score

Notice the shape – where is it uneven?

**Final Prompt**

If I focused on improving just one area right now, it would be?

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**Remember**

You don't need a perfect 10 in everything – progress in one key area can shift everything else.

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