

Knowing Your Own Reality

Wheel of Life

Part 1

For each area of life detailed below, score your level of satisfaction with a mark out of 10, 0 being completely unsatisfied, 10 being perfect. No need to over think things – just make a note as to why you scored that area as you did.

So ask yourself – what’s the number that represents how I feel about my....?

These areas of your life should summarise all that is important to you, feel free to rename them. Please make the areas relevant to you today, but also areas of your life you imagine will remain important over time.

This exercise can be repeated. It is a great way to reflect on the balance in your life.

Area Of Life	Level of Satisfaction (0-10)	Reason For Score	What do you need to do to achieve a higher score?
Career/Job			
Money			
Health / Fitness			
Relationships (family & friends)			
Relationships (Romantic)			
Personal Growth			
Fun & Recreation			
Physical Environment (Location/Home)			

Part 2

Now populate your findings onto the Wheel of Life diagram. Name each segment of the wheel as you chose in the previous part.

The centre of the wheel represents zero – the circumference 10. Rank your level of satisfaction with each life area by drawing a horizontal line between the segment borders to mark your assessment

