

The Everymind at Work Wheel of Life

What is The Wheel of Life?

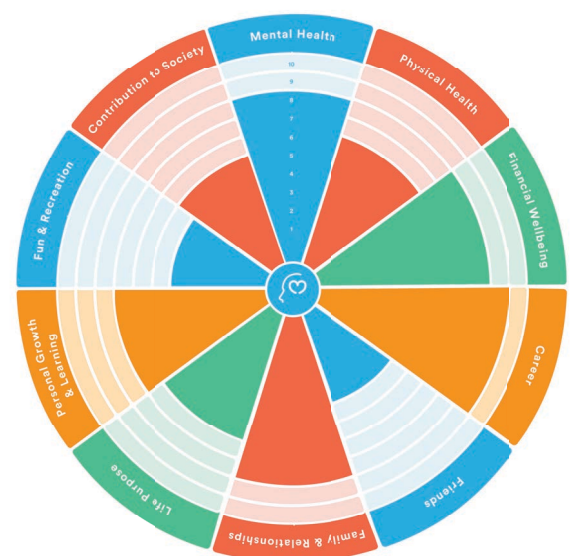
The Wheel of Life is a tool designed to help you understand how balanced, or fulfilled you feel your life is, at this moment.

The wheel consists of 10 areas that we believe are key to wellbeing and overall life satisfaction:

- Mental Health
- Physical Health
- Financial Wellbeing
- Career
- Friends
- Family & Relationships
- Life Purpose
- Personal Growth & Learning
- Fun & Recreation
- Contribution to Society

Your task is to rate, out of 10, your satisfaction with each area. You will then have a visual representation of your current 'life balance' where you can identify any areas that require more attention.

Your wheel is likely to look bumpy, this is to be expected. By increasing your self-awareness, you are motivating and empowering yourself to make better decisions to create a more fulfilling life. You can use your wheel to set new goals which address the areas of life where satisfaction is low, then re-do it regularly to see how you are progressing over time.

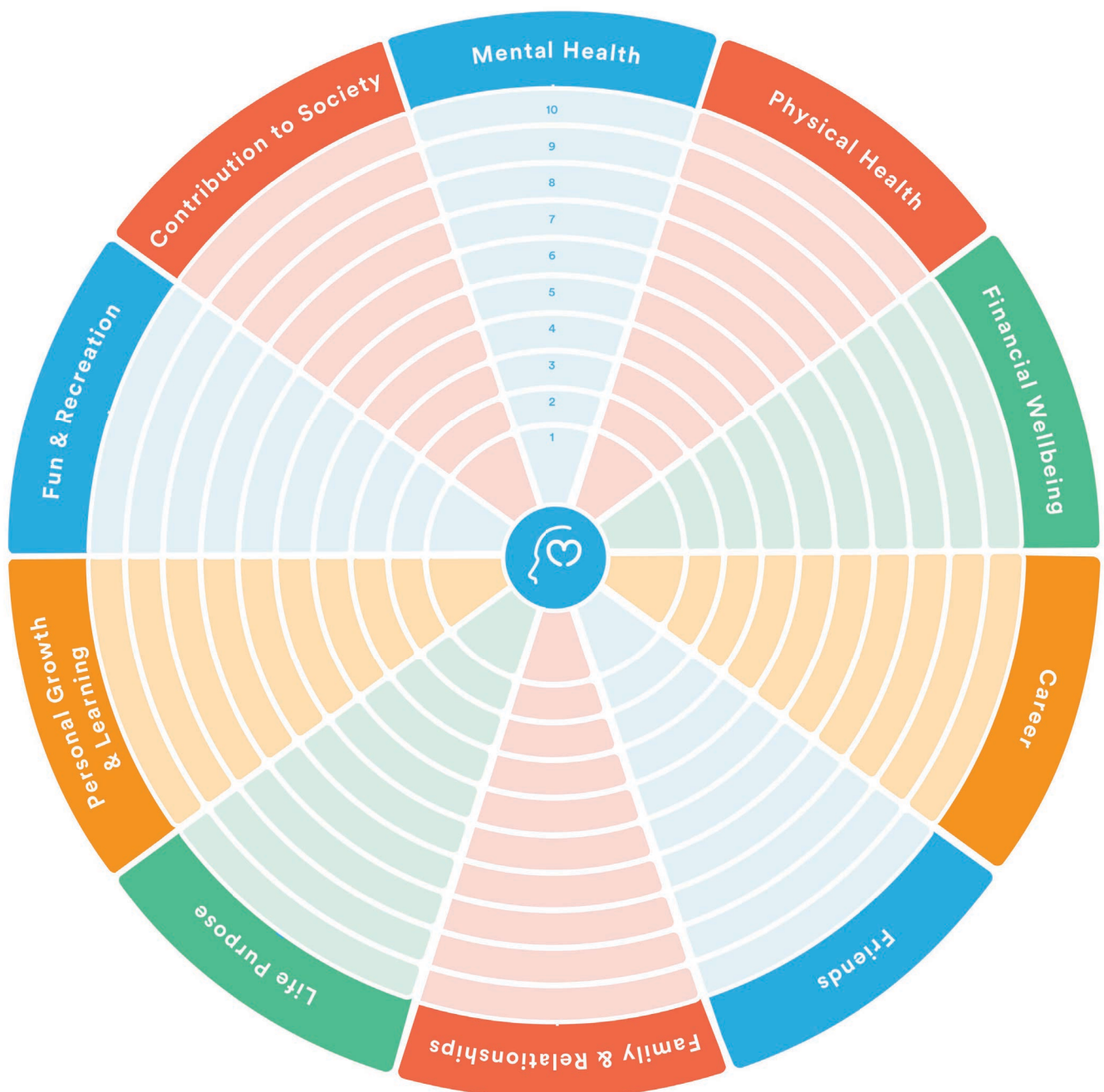


Please note: The wheel consists of 10 areas that we believe are key to wellbeing and overall life satisfaction. Feel free to change, split or rename any category so that it is meaningful and represents a balanced life for you.

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Your Wheel of Life

1. **Review** the 10 areas listed on the wheel of life.
2. **Think**: what does success feel like, to you, for each area?
3. **Rank** your level of satisfaction with each area by shading between 1 (very dissatisfied) and 10 (fully satisfied) on the wheel segment.



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What Next?

The new perimeter of the circle is your 'Wheel of Life'... is it a bumpy ride?

Some people may enjoy a bumpy ride, while others prefer more balance. It is up to you what you do next, but here are some questions you might want to consider:

- Are you happy with your level of balance?
- How do you feel about your life as you look at your wheel?
- Are there any surprises?
- Which of the areas would you most like to improve?
- What would you need to do in each area to make it a score of 10?
- What specific actions can you take to improve your wheel for next time?

Remember this wheel is a representation of how balanced, or fulfilled you feel your life is, at this moment; so make sure you complete this activity regularly to assess your balance over time.