



Wheel of Life Activity

The Wheel of Life is a popular self-assessment tool that helps individuals visualize and evaluate various aspects of their lives. It consists of a circle divided into sections, each section representing a different area of life. Participants then rate their satisfaction or fulfillment in each area, thus creating a visual representation of their life balance. Here is a step-by-step guide on how to create your own Wheel of Life:

Steps:

1. Identify Life Domains:

- Draw a circle and divide the circle into 8-12 pie-shaped sections, each representing a different aspect of life. Common life domains include:
 - Career
 - Finances
 - Health
 - Relationships (family, friends, romantic)
 - Personal development
 - Recreation/Leisure
 - Spirituality
 - Environment (home, surroundings)
 - Hobbies/Interests

2. Rate Your Satisfaction:

- On a scale of 1 to 10, with 1 being completely dissatisfied and 10 being fully satisfied, rate your level of satisfaction in each life domain. Mark the score on each section of the wheel. Mark a 1 toward the center and a 10 on the outside of the pie-shape.

3. Connect the Dots:

- Connect the marks in each section to create a new outer boundary. This will form a visual representation of your "Wheel of Life."

4. Reflect on the Wheel:

- Analyze the resulting shape. A balanced life often forms a round and smooth wheel, while an imbalanced life might be irregular or have uneven sections.

5. Set Goals:

- Identify areas where you are less satisfied and set **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound (SMART) goals for improvement. Consider what changes or actions are needed in each domain.



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6. **Create an Action Plan:**

- Break down your goals into actionable steps. What can you do in the next week, month, or quarter to improve satisfaction in each area?

7. **Regularly Review and Adjust:**

- The Wheel of Life is a dynamic tool. Regularly reassess your satisfaction levels and adjust your goals and action plans as needed. Life circumstances change, and your priorities may shift over time.

8. **Celebrate Success:**

- Acknowledge and celebrate your achievements, no matter how small. This positive reinforcement can help motivate you to continue working on achieving a balanced life.

Tips:

- Be honest with yourself when rating your satisfaction.
- Understand that achieving perfect balance is challenging and may not be realistic. The goal is to improve satisfaction in each area over time.
- The Wheel of Life is a personal tool, and everyone's ideal balance may look different.

Remember, the Wheel of Life is a tool for self-reflection and personal growth. It can provide valuable insights into where you might want to focus your efforts to create a more balanced and fulfilling life.