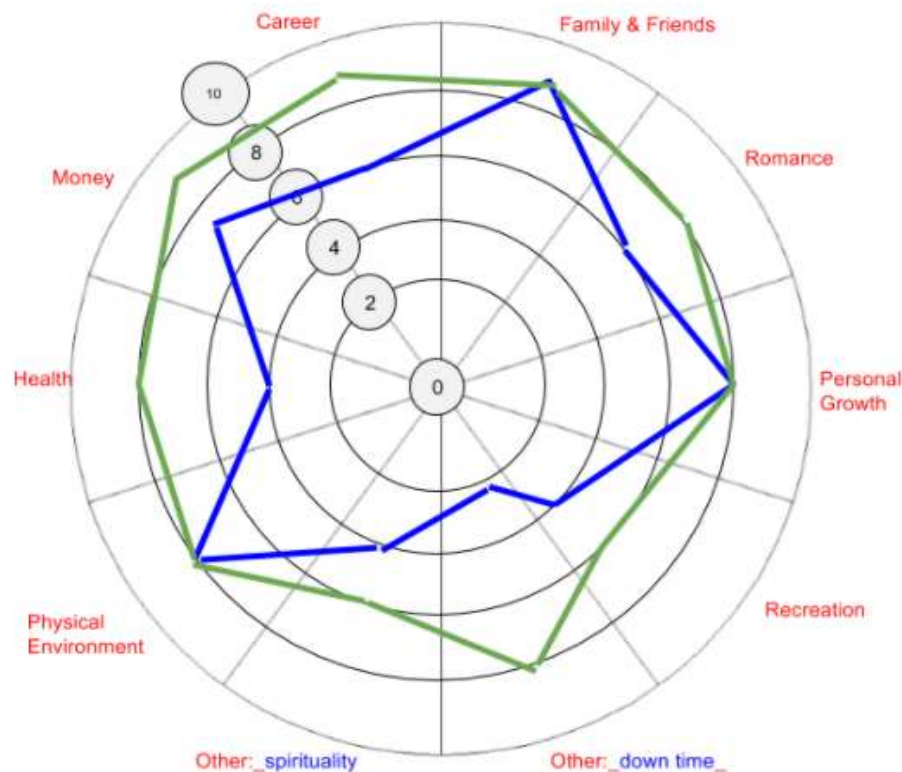


Wheel of Life

The Wheel of Life is a tool to help people explore areas for greater balance and fulfillment across life, leadership, and work. The goal of this exercise is to consider both the level of importance and your level of satisfaction with different areas of your life.

How To: Use the wheel graphic on the following page.

- Step 1: Using the center of the wheel as 0 (couldn't be less important) and the outer edges as 10 (couldn't be more important), take one color pen and plot out the level of importance of each of these areas. (You'll see we included blank sections for other areas that are important to you.) Now, connect these dots.
- Step 2: Take another color pen and plot out your level of satisfaction in each of these areas with the center of the wheel as 0 (couldn't be worse) and the outer edges as 10 (couldn't be better) and connect these dots. These new perimeters represent the wheel of your life currently. You can see a completed wheel below for reference.



Your Wheel of Life

