



# Wheel of Life Worksheet

**How balanced is your life? Do you know what a fulfilling life looks like for you?**

**The Wheel of Life exercise is a valuable inquiry that helps uncover what is important to you and how your life is currently balanced. This tool can be especially beneficial if you're currently feeling a sense of discontent, anxiety, or that 'something's missing'.**

**This exercise is based on the notion that there are specific pillars that form the foundation of your overall life experience. It is designed to help identify what needs your attention. The circle represents your life - the whole of you. The pie pieces are the parts of your life that make you whole. Each area is like the spoke of a wheel: when one is shorter than the others, it can throw the whole thing off balance.**

**The Wheel of Life exercise helps you holistically assess and reflect on your current life situation. As you complete this worksheet, you'll identify which pillars are out of balance and how you'll act on this knowledge. You can return to the Wheel of Life whenever you start feeling out of alignment. Ready? Let's dive in.**

**Estimated time: 30-45 minutes**

# Step 1

## Choose your Wheel of Life Pillars

Your pillars are determined by defining which life areas are the most important to you. Take a moment now to define what constitutes a fulfilling life for you.

The Wheel of Life holds eight (and up to ten) pillars or categories. The names may vary, but the pillars are generally the same. You may want to change the categories to reflect more relevant pillars in your life. For example, you may break the category of friends and family into two separate categories or add a category that sparks more meaning to you.

### The Wheel of Life categories can include:

#### Health

This can encompass everything from physical to emotional to mental well-being.

#### Relationships

This includes all of your closest and intimate relationships. I.e. partner(s), family, and friends.

#### Creativity & Free Time

How you spend your free time. Do you have hobbies that spark your soul?

## Financial

Your relationship with money: savings, budgeting, investing, and planning for the future.

## Career/Vocation

This includes your satisfaction and fulfillment with your job. How much time and energy does this area consume? Are you where you want to be in your career?

## Personal Growth

This encompasses how you develop and push yourself to reach your full potential. This can include courses, books, and programs that create space to focus on you and how you want to evolve as a person.

## Spirituality

This includes your personal beliefs and how you connect with something greater than yourself.

---

These above pillars are most frequently found on the Wheel of Life. However, there are additional pillars to choose from if some of the above areas don't resonate with you. Please feel free to create your own as well.

**Lifestyle**

**Partner(s)**

**Recreation**

**Learning**

**Community**

**Family**

**Friends**

**Environment**

**Contribution**

**Attitude**

**Mental Health**

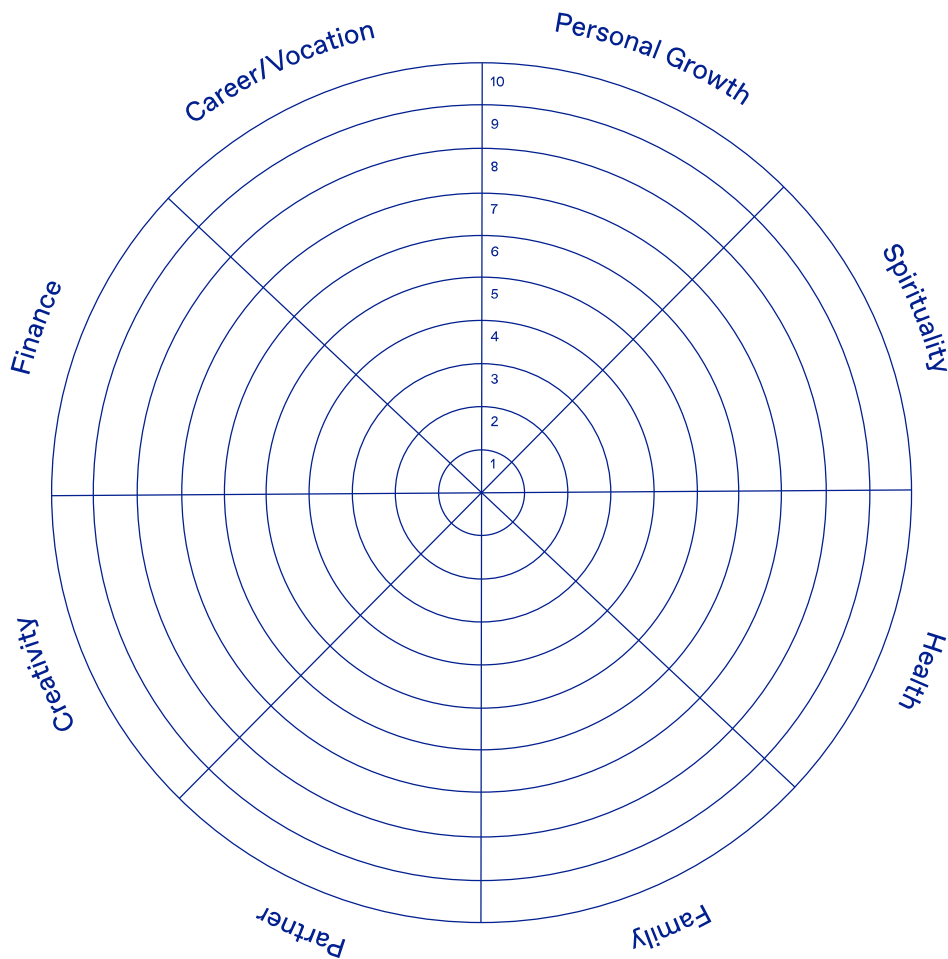
**Social/Cultural**

# Step 2

## Assess Your Current Level of Fulfillment

After you've identified the major Pillars of Focus for your Wheel of Life, visualize what success or fulfillment would look and feel like for each pillar.

The entire circle represents your overall life, and each piece represents a different Pillar of Focus. It might look something like this:



**Note:** It's important to get honest with yourself before you start this exercise. It's human nature to lean towards areas in which we're more proficient. Be careful of the human tendency to spend more time in the areas where you feel comfortable and neglect your areas of opportunity.

For example, a person may thrive in their career and put in 110% because they love what they do (this is the Career category). However, they may let their boundaries slip and fail to prioritize time for their physical health (their Health category).

While assessing your current level of fulfilment in each area, ensure you're reflecting on reality - not how you think each area "should be". It's completely normal to be less than 100% in all categories. The more honest you can be with yourself, the clearer your outcome will be. This isn't for anyone else except YOU.

5

## How to use the wheel

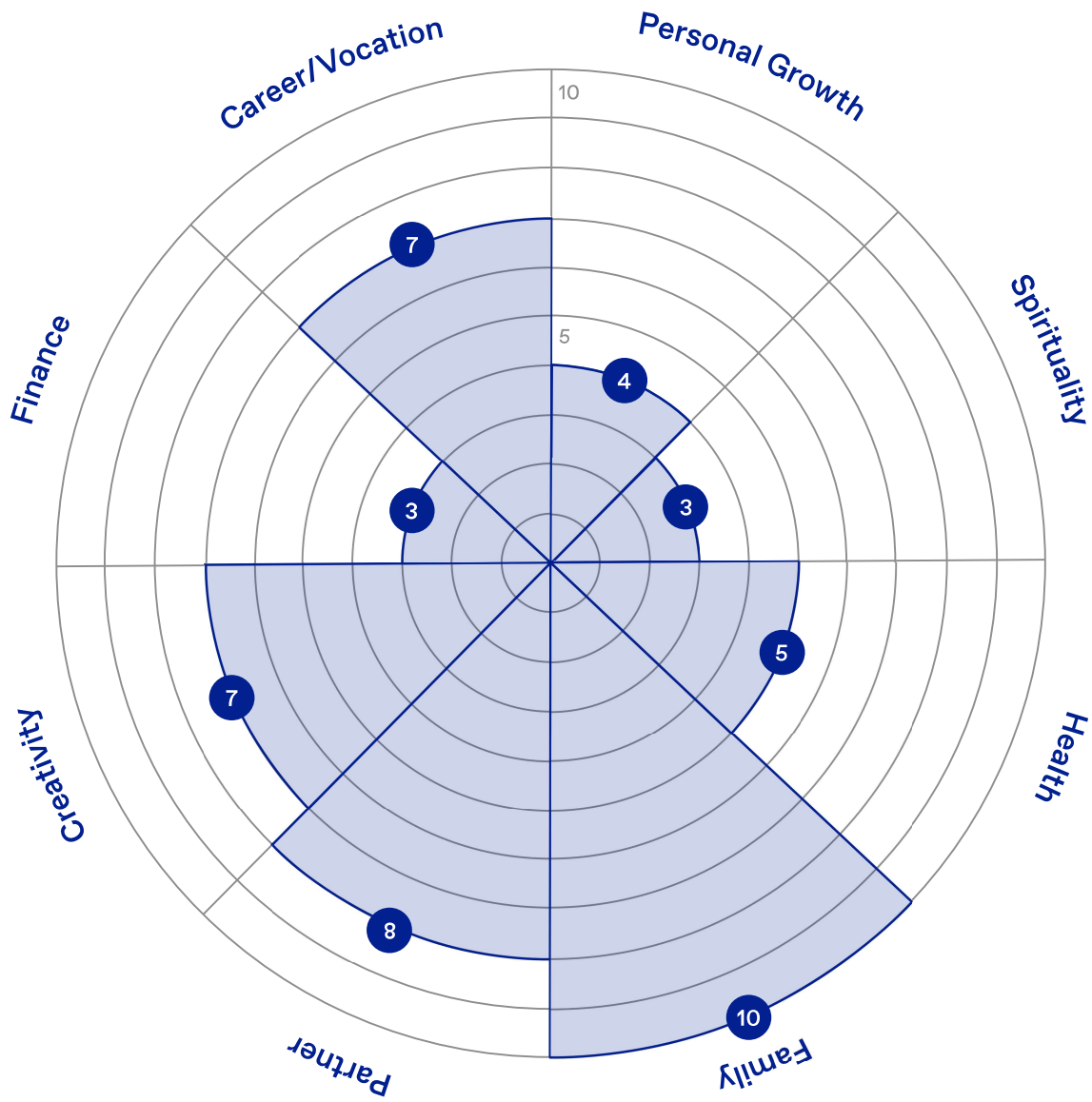
Rank each pillar in alignment with your level of fulfillment by drawing a line across each wheel segment. The values should be ranked from 1 at the centre of the wheel, counting up to 10, reaching the outer circle of the wheel.

The centre "1" ring represents feeling unfulfilled in that life area - you think it lacks attention. Ring 10 represents feeling completely fulfilled - you couldn't imagine this area of your life getting any better.

Once you have drawn your lines, you should have an inner wheel that is a unique shape. To see the full impact of your wheel, try colouring each pie piece a different colour.

Now you can see your Wheel of Life.

You might ask yourself: "If this wheel were a tire on your car, how bumpy would the ride be?"



# Step 3

## Reflect

Now that you have your completed Wheel of Life in front of you, you should be able to see clearly how your life is balanced.

While reflecting on the composition of your wheel, here are some great questions to ask yourself to take this exercise deeper before making your action plan.

- Looking at your wheel, are there any areas that surprise you?
- How do you feel about your life as you look at your wheel?
- How do you currently spend time in each of these areas? How would you like to spend time in these areas?
- Which area, if taken action on first, will create the most significant positive change in your life?



Now choose the area or pillar that feels most out of balance. Consider all that creates this rating.

- What is working well in this area?
- What would make this area rate a 9 or 10?
- What would a 9 or 10 look like? Feel like?
- What might you do to move up one point between your score today and your ideal score?
- How might you make space for these changes in your life?
- What help and support might you need from others to make changes and feel more fulfilled in your life?
- What action would you like to take first? How will this action impact your day-to-day life?
- If there was one key action you could take that would begin to bring everything into balance, what would it be? How would it feel to have that balance?

Decide on one to two achievable action steps to bring you one step closer to your ideal balanced life.

## Action Steps

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

# Step 4

## Take Action

You now have a clear vision of what a well-balanced life looks and feels like for you. You know what you want and have the first positive steps for change towards your vision of a more fulfilling life.

Now it's time to take intentional action toward your goals. To continue this momentum and feel empowered by the change you are looking to make, you may want to consider a few things to keep your motivation high.

- What is important about making these changes?
- What resources or support do you need?
- What tools do you already have in your tool belt to help you with this goal?
- What actions can you take to move up the scale?
- If you moved up the scale, what would be happening to tell you that you've arrived?
- What obstacles may arise? How can you prepare?
- How will you keep yourself accountable and motivated?

**Tip** - Blocking time on your calendar the week ahead can help hold you accountable and be a great reminder to take these actions.

The GROW goal-setting model may also be an excellent tool for action planning.