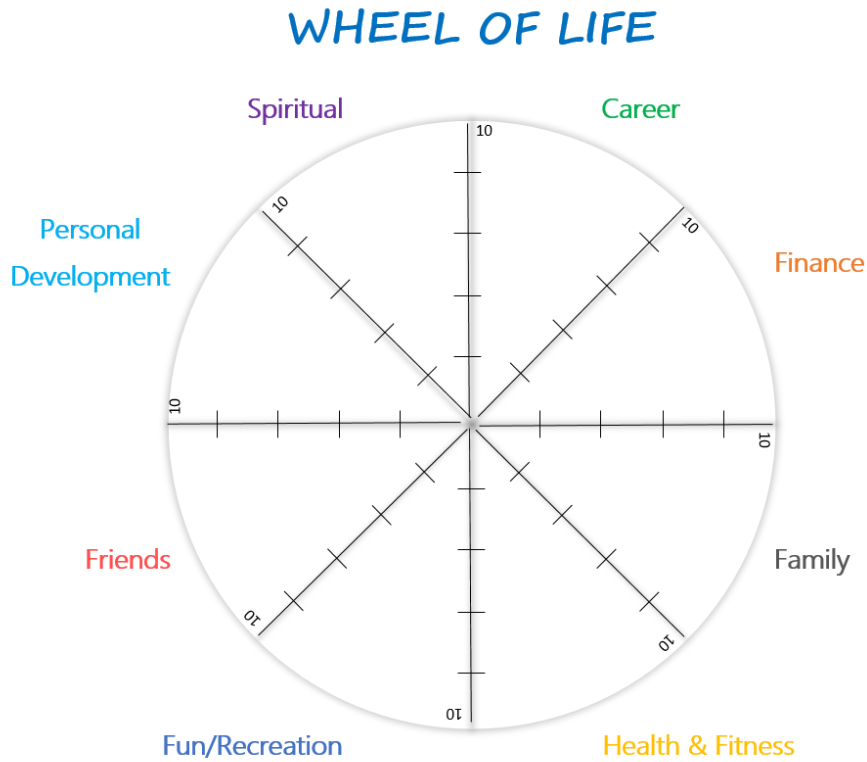


Wheel of Life Worksheet

Below is a blank Wheel of Life.

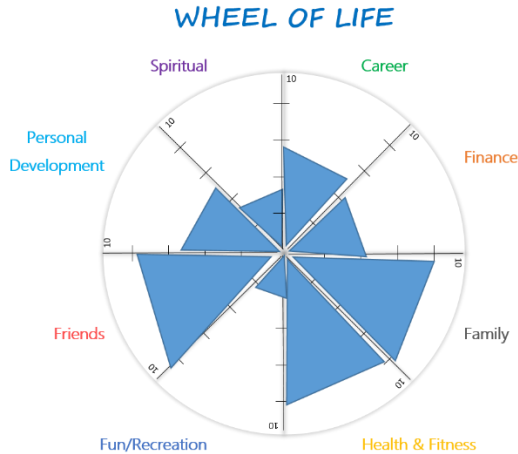
1. Evaluate where you are in each area of your life 1-10. Mark where you are on the wheel.
2. 1 being the lowest (I REALLY need to improve this area of my life) and 10 being the highest (everything is just perfect).



Fill in the chart and table. There's an example on the next page.

Lowest to Highest (Factor)	Number	Where am I now?	What do I want? Where do I want to be?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

Example:



Lowest to Highest (Factor)	Number	Where am I now?	What do I want? Where do I want to be?
Fun/ Recreation	2	I don't have much fun and/or free time. I have no me time. I spend too much time running around and being around people.	I want to have alone time for 30 minutes at least 2 times a week. I also want to join an art class just for fun. I really need some more joy in my life I think it will help bring in more positive things in my life.
Spiritually	3	I meditate maybe once a week and try to fit in yoga once a week too. I know it would improve my mindset	I want to meditate 5-6 times a week and do yoga 2 times a week. I want to be calmer, more appreciative and positive.
Finances	4	I make enough to have a couple of hundred left over for savings each month.	I want to have a side hustle so that I can make \$1500.00-\$2000.00 savings each month.