

## Blank Wheel of Life

The Wheel of Life can be adapted to measure many aspects—whether you're focusing on life balance, work performance, or personal growth. The purpose is to increase your awareness of where you are today and inspire more intentional decisions moving forward.

- Rate your satisfaction in each area on a scale from 1-10, with 1 at the center and 10 at the outer edge.
- Connect the points in each segment to form a visual representation of your current life balance.
- Reflect on the shape. The exercise is not about perfection but about gaining greater self-awareness. It highlights where you may want to focus more attention or make adjustments.

**Life Balance:** Health , Relationships, Personal Growth, Finances, Fun & Recreation, Career, Environment (home, living space), Spirituality/Inner Peace

**Work Performance Satisfaction:** Job Role, Leadership Skills, Team Collaboration, Work-Life Balance, Skill Development, Career Growth Opportunities, Recognition & Rewards, Stress Management

