



increase your joy & fulfillment

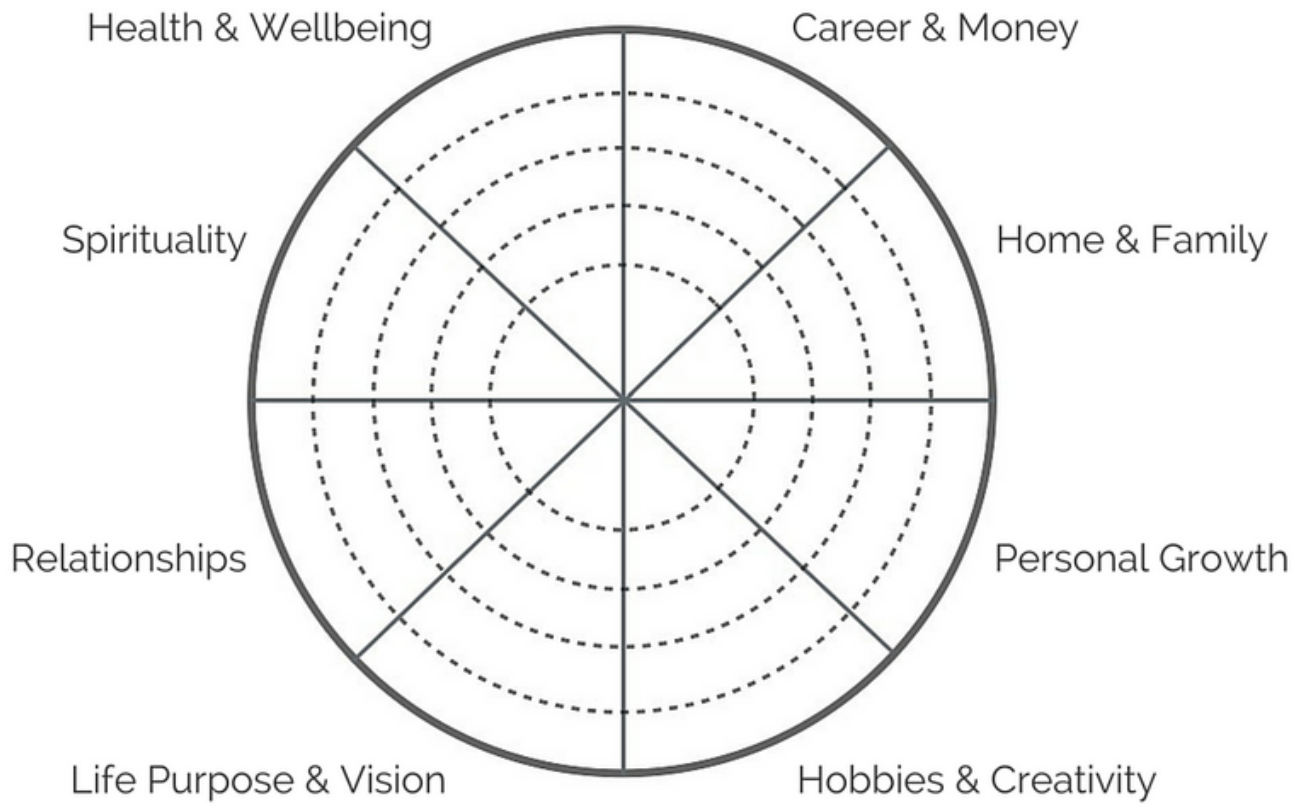
THE WHEEL OF LIFE

a worksheet packet

the WHEEL of LIFE

Name _____

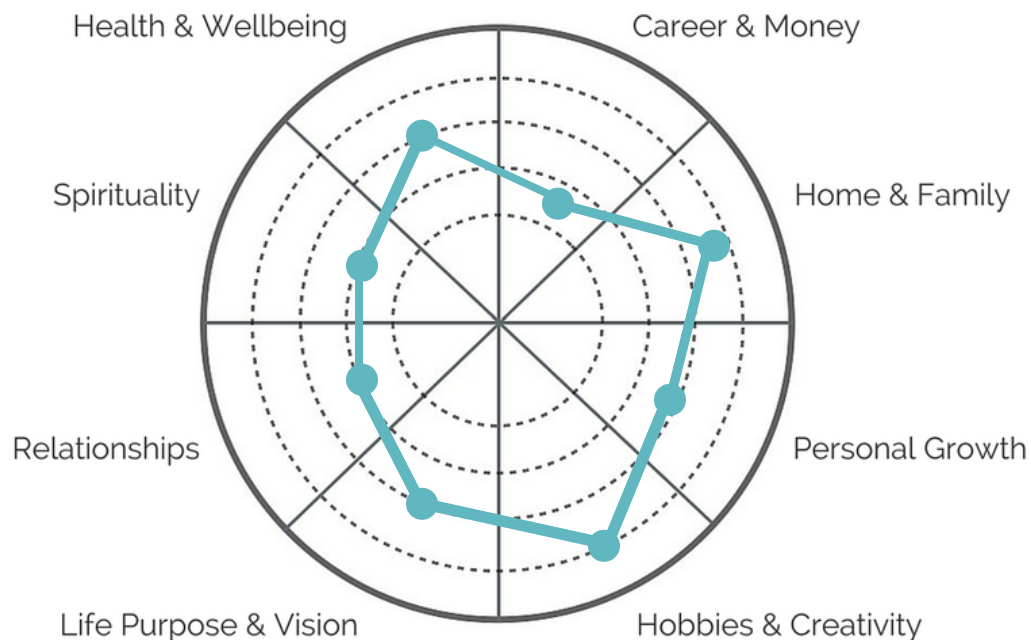
Date _____



Step 1: complete your Wheel of Life

- The 8 sections of the Wheel of Life represent the core areas of your life.
- Please change or rename any category so that it is meaningful to YOU.
- For each section of the wheel, consider how fulfilled you are in that area.
- Draw a dot in between the center of the circle and the outer circle to represent the amount you feel fulfilled in that area, with the center representing 0% and the outer edge representing 100%.

EXAMPLE:



- Connect each of the dots to create a shape - most likely it is a starburst. This shape represents YOUR Wheel of Life.

Step 2: assess your Wheel of Life

- As you look at your completed Wheel of Life, what are your thoughts or insights?
- How do you feel about your life when you look at your wheel?
- What stands out the most for you?
- What areas of your life would you like to change?

Step 3: determine the action steps you want to take

- Use the following pages in this worksheet packet to create goals and action steps in the particular areas of life that you want to change.
- Choose a few action steps at a time to work on. You should make changes at your own pace.
- The Wheel of Life is meant to bring attention to the things you want to change, and help you identify small action steps you can take to increase your joy and fulfillment.

Area of life _____

What would it look like for this area to be a 10? What needs to happen to bring your number to a 10?

What do you want to achieve in the next 30 days?

What changes do you want to make in the next 30 days to increase your fulfillment and joy?

What 2-3 action steps can you take this week to start creating the change you want to see?

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Action 2:

Action 3:

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