

Wheel of Life



KRISTI NIGH, LLC

Directions: The eight sections in the Wheel of Life represent different aspects of your life. Rate your satisfaction in each area from 1 – 10, where 1 represents not feeling satisfied at all and 10 represents feeling very satisfied. Draw a line along the dotted lines at the level of satisfaction you feel in each area.

This is a “snapshot” of how you feel about your life in this moment, and may look different if you complete the exercise an hour, day, week, month, or year from now. Once you’ve completed the exercise, notice how balanced your Wheel looks. If it were a real wheel, how bumpy would the ride be?

