Life Wheel Exercise

Consider each category in the wheel below. How much time and effort do you put into each area? How satisfied are you with the way you address each need in your life? How much pleasure do you get out of each? Put a dot in each section representing your level of satisfaction with the attention each gets in your life and how successful you are in addressing those needs. Place the dot closer to the center if you are less satisfied and nearer the outer edge if you are more satisfied. Then, connect all the dots.

**Reflection:** Does the shape of your wheel make for a bumpy or smooth ride? Where are things off balance? How might you make change that will bring your life’s wheel into better balance?