

Name: _____

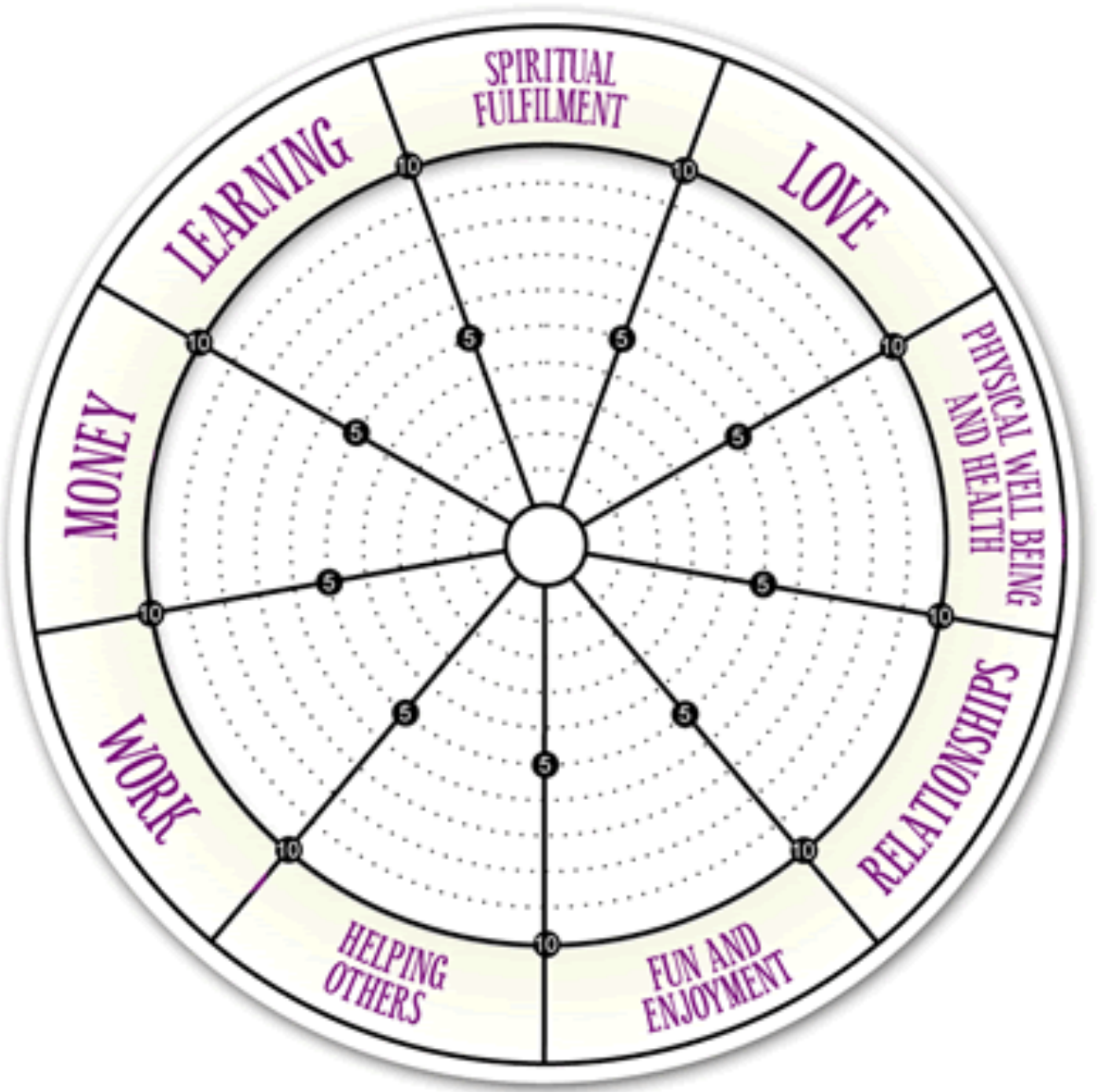
Date: _____

Inventory - Wheel of Life

Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area where 0 is highly dissatisfied and 10 is highly satisfied by shading the circle.

The new perimeter of the circle represents your current Wheel of Life.

What areas need more attention to bring your wheel into balance?



Inventory – Wheel of Life Intentions

On the lines below, describe and clarify your definition of your current rating in each area of your life. Be sure to acknowledge those things that you are experiencing that are ‘right’ about where you are, as well as those things you want to change or would need to change in order to get it to a 10. Writing out all the details will support you in being clear about what you want to create.

For example: A ‘5 rating’ in **Health** may look like this:

I keep a relatively clean, mainly organic vegetarian/vegan diet. I eat out more often than I would like, even though it’s healthy, it’s not home cooked/prepared. I juice frequently, but not daily. I get at least 1 hour of exercise 4 times a week, but I would like for it to be daily. I usually drink lots of water, but it can be increased, and daily coffee can use decreasing.

Work

Current Ranking: ____

DETAILED DESCRIPTION:

What’s ‘working’?

What do you want to change?

Money

Current Ranking: ____

DETAILED DESCRIPTION:

What’s ‘working’?

What do you want to change?

Learning

Current Ranking: ____

DETAILED DESCRIPTION:

What's 'working'?

What do you want to change?

Spiritual Fulfillment

Current Ranking: ____

DETAILED DESCRIPTION:

What's 'working'?

What do you want to change?

Love

Current Ranking: ____

DETAILED DESCRIPTION:

What's 'working'?

What do you want to change?

Physical Well-being & Health

Current Ranking: ____

DETAILED DESCRIPTION:

What's 'working'?

What do you want to change?

Relationships

Current Ranking: ____

DETAILED DESCRIPTION:

What's 'working'?

What do you want to change?

Fun and Enjoyment

Current Ranking: ____

DETAILED DESCRIPTION:

What's 'working'?

What do you want to change?

Helping Others

Current Ranking: ____

DETAILED DESCRIPTION:

What's 'working'?

What do you want to change?

Congratulations on completing your Wheel of Life!