



The Wheel of Life

The sections of the wheel provide a way of thinking about balance and satisfaction through the various parts of your life. Each wedge is simply an area that matters to you, especially at this time in your life. In our first few sessions we'll look at each, and at how satisfying (or unsatisfying) each one is to you at this point in your life.

Take a few minutes to label your own wedges around the circumference of the wheel (you may have more or fewer than eight!). Consider how satisfied you are with the section of your life on a scale of 1-10. 1=not very, and is at the center of the wheel, 10=very and is the outside edge of the wheel. Put a dot or fill in the wedge (use colors if you like) in the spot that indicates how satisfied you are. Be sure to send me a copy before our next session.

Some sample "wedges":

- Career and professional development
- Friends/support
- Your children
- Health and fitness
- Spirituality
- Significant other/romance
- Your family of origin
- Physical environment (home and work)
- Money
- Fun and play
- Skills/abilities to learn or sharpen
- Your "true moral obligations"
- Giving back: An ability, gift or passion you know you have to give (eg. Leadership, organization, inspiration, hospitality, \$\$, time . . .)
- Something else?

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