

Inventory – The Wheel of Life

Directions: The eight sections in the Wheel of Life represent Balance. Seeing the center of the wheel as zero (Not Satisfied) and the outer edge as 10 (Very Satisfied), rank your level of satisfaction with each life area by drawing a curved line to create a new outer edge (see example). The new perimeter of the circle represents the Wheel of Life.

If your life had to roll along on the perimeter you just created with your ratings, how bumpy would your ride be if this were your wheel? Where are you spending your focus of time? Is that satisfying to you? What changes would you like to make as a result of taking this inventory?

