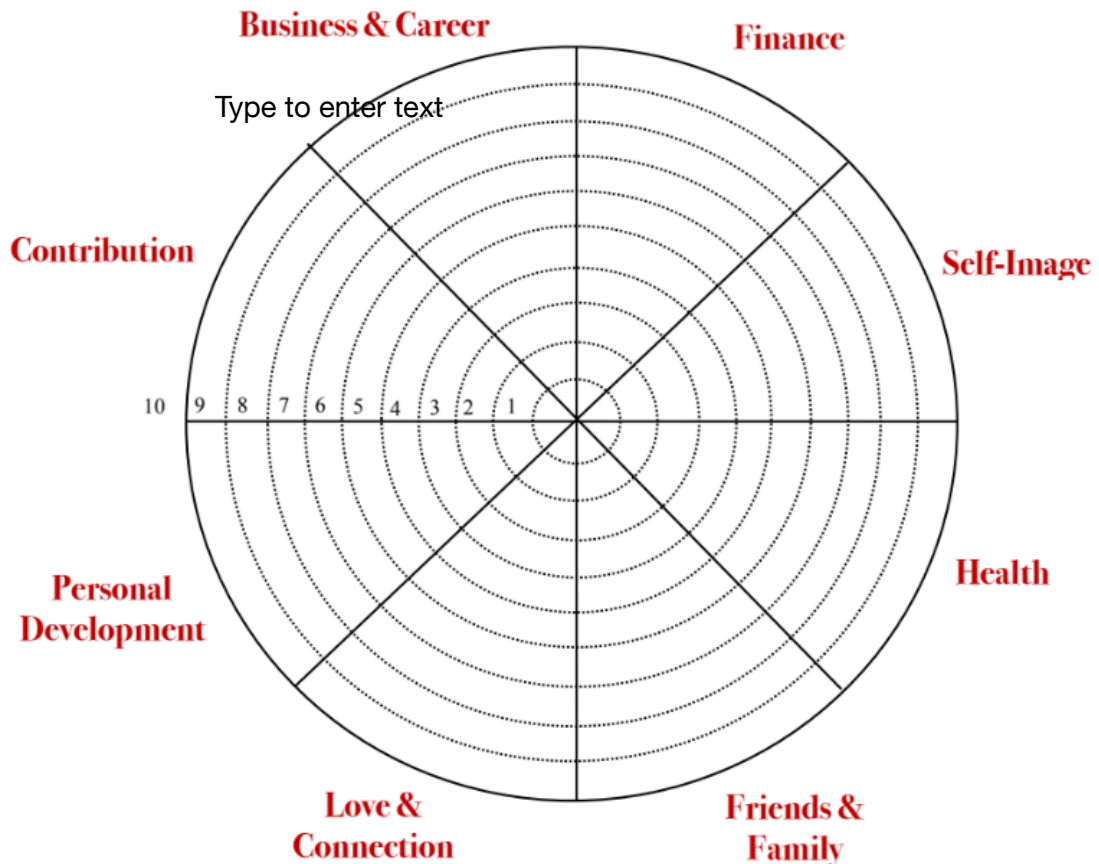


Wheel of Life



Below are some reference questions you may reflect on before you rate yourself on the wheel.

Business & Career

- How satisfied are you with your job, is it the job that you had imagined, or would you rather pursue another career?
- Does the job bring you happiness and satisfaction?
- Does the job earn enough for a living?

Finance

- Are all incomes enough to meet all basic needs and other needs?
- Are you dependent on loans?

- Do you not have any debts?
- Is money the only thing that makes a person happy?

Health

- How physically and mentally healthy are you and how do you feel?
- Are you satisfied with your appearance and weight?
- Do you have any physical discomforts?
- To what extent do you engage in sports?

Family & Friends

- Are your friends supportive, unconditional and trustworthy?
- Can the friendships be built upon and friends always be counted on?
- To what extent do you spend your free time with family and friends?

Love & Connection

- Have you found happiness in love?
- Do you have a new or a committed partner on who you can build?
- Do you feel loved?
- Do you feel connected with others?

Personal Development

- How do you deal with personal growth?
- Are you open to new experiences and eager to learn?
- Are you spiritually connected to both the inner and outer world?

Self- Image

- Do you think of your abilities highly?
- Do you respect and love yourself?
- Do you appreciate yourself?

Contribution

- Do you help others?
- Do you volunteer?
- To what extent are you active at (sports) clubs, in the neighborhood or taking care of family members?
- How would others rate your contribution to society or them as individuals?

How to evaluate the Wheel

If you have **scores of 8 to 10** for any of the categories, congratulations! You are very satisfied in this particular area. It's important you maintain what you are doing to ensure you remain satisfied in this area, however, don't overlook that there may be areas for improvement. This is important to ensure you are not limiting your potential for even further growth and satisfaction in this area.

If you have **scores of 5 to 7** for any of the categories, you are reasonably satisfied in this particular area but there is definitely opportunity to explore ideas to move this up the scale.

If you have **scores of 0 to 4** for any of the categories, you are not very satisfied in this particular area and you will need to explore ways of enhancing your satisfaction here. No need to get down about these scores though, as scores of **0 to 4 are full of opportunity!**

I find this as quite exciting when someone has a lower score as often is the case the individual has not fully explored opportunities that are available to them. It's also the area where the individual can grow the most and get the most value!

Is your Wheel crooked or is it balanced?

You may be extremely satisfied in one area of your life but may be at the cost of ignoring the other parts and this may be the very reason your wheel of life looks crooked.

It is now time to reflect and ask yourself some important questions

- *Why did you score yourself in each category the way you did?*
- *What is working in the area where my score is between 8 -10*
- *What is not working in the area where my score is less than 7*
- *What is my ideal score for each category to achieve in the next month, 3 months, 6 months, one year?*
- *Where are my biggest gaps?*
- *Which area of my life do I primarily want to focus on to enhance my satisfaction levels?*

Remember this is your *Wheel of life* & you can change your life anytime you want.

