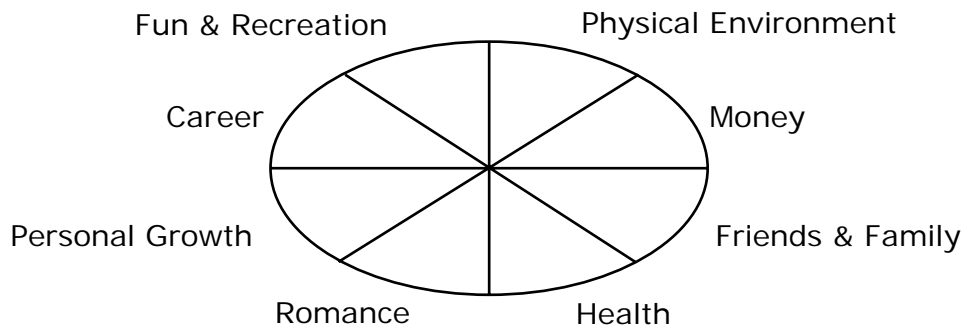


The Wheel of Life

Find out if your life needs better balance? Please print off and fill in.

Using a satisfaction scale of 0-10, mark and number the eight areas in the Wheel of Life below. What does the perimeter of the wheel look like? How bumpy would the ride be if this were a real wheel?



Now, rate your level of satisfaction in each area on a scale of one to ten by coloring in the segments. Consider the center of the circle to be zero, or unsatisfied, and the perimeter ten, or completely satisfied. Follow your instincts.

Questions for you

1. What did you notice as you filled in your circle?
2. Were you surprised by anything as you completed this exercise?
3. If your wheel were a real wheel, how comfortable would it be to ride on it?
4. Where do you feel the least satisfaction? The most?
5. In which area of the wheel is there the greatest opportunity for change?
6. In which area do you feel most blocked?
7. What one thing can you do to open up more choice in the blocked area?
8. Based on this wheel, where are the most energy, excitement and enthusiasm coming into your life?
9. Based on this wheel, where are you losing energy, satisfaction and enthusiasm?

Now chose two areas in which you most want to increase your level of satisfaction. Contact me on becki@beckihoulston.com to find out how I can help you to achieve this

Had a perfect wheel and high scores? Contact me on becki@beckihoulston.com to explore how I can support you to carry this into the future.