

The Wheel of Life

A snapshot of how satisfied you are across the different areas of your life

Life is about balance. Too much of one thing usually means too little of something else. The wheel of life gives you a snapshot of how satisfied you are across the different areas of your life right now, and where your time and energy are really going.

Rename or split the areas so each one means something to you. Then score your satisfaction with each, where 0 is not at all and 10 is completely.

IF YOU NEED HELP NOW

If there is an immediate risk to life, call **999**. The Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

01

Score your wheel

How satisfied am I with this area of my life today?

0 = not at all, 10 = completely

	0	1	2	3	4	5	6	7	8	9	10
Health and energy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Work or career	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Money	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Partner or love life	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Family	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Friends and social life	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fun and rest	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Personal growth	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Reading your scores:

- 8 to 10: very satisfied. Keep doing what works, without overlooking room to grow.
- 5 to 7: reasonably satisfied, with clear room to move up.
- 0 to 4: these are the areas with the most to gain. Low scores are information, not failure.

02

Understand it, then act

AREA	WHY I SCORED IT THIS WAY	TARGET IN 3 MONTHS	TARGET IN 1 YEAR
Health			
Work			
Money			
Love			
Family			
Friends			
Fun			
Growth			

The aim is to grow the wheel, not to balance it by trading one area off against another. Come back to it every few months, or after a big change, to see how it has moved.

Three actions

ACTION	BY WHEN
1	
2	
3	