



Wheel of Life - A Self-Assessment Tool

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Hey Guys!

This is an additional resource to supplement the post on the Wheel of Life, to help you in completing it and ensuring you get the most out of it. Check out the original post at the link below:

<http://www.startofhappiness.com/wheel-of-life-a-self-assessment-tool/>

I recommend that you print off the next page so you can simply draw your Wheel of Life straight onto the template. I have included both the original coloured Wheel of Life that I use, and have also included a blank-canvas for you to develop your own categories and build in a way that suits you personally.

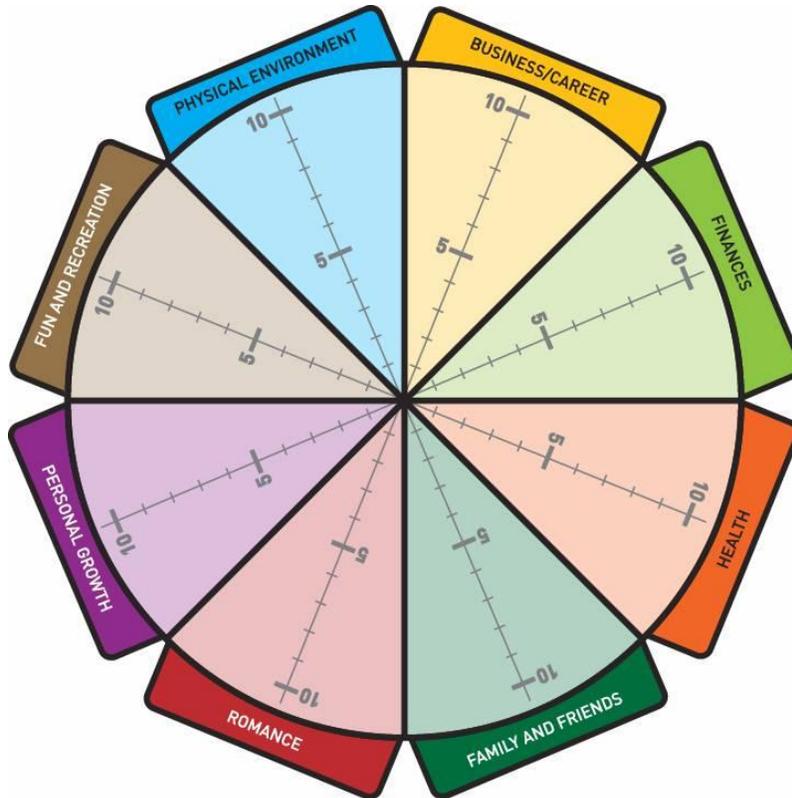
Remember, the Wheel of Life is something that can be revisited regularly. I would recommend quickly drawing up a Wheel of Life every 6 months to see how you are progressing. In addition, if you are going through a particular tough time in your life, it's another way of helping you quickly get visibility of what areas of your life you are dismissing or spending less time in. On the flip-side, if you are finding you are going through a period of extreme happiness and fulfillment, I would also recommend completing a Wheel of Life at this point in time as it will indicate to you where you are spending most of your time and what it is that is making you truly happy. By understanding this, this will help you in determining what you truly want to do with your life and ultimately, be your guide for experiencing ongoing happiness.

Process:

- 1) Print off one of the templates on the below page. Either the coloured Wheel that already has headings, or the blank template where you can create your own areas. Whatever template suits you.
- 2) Use the questions provided on each category to help you think through how satisfied you are in each of your areas of life and plot your scores on the Wheel.
- 3) Immediately following, identify what you are most satisfied in and least satisfied in. Describe what it is that you are doing that is making you satisfied. For your least satisfied category, describe how you will go about changing that.
- 4) Write your immediate action plan! Complete the questions provided and keep these close by. Set yourself a time-limit in when you are going to achieve this, and *stick to it!* Ideally, you would be pinning up your Wheel of Life, together with your Action Plan in a visible place where you can see it daily.

MY WHEEL OF LIFE

Date: _____



I am most satisfied in _____

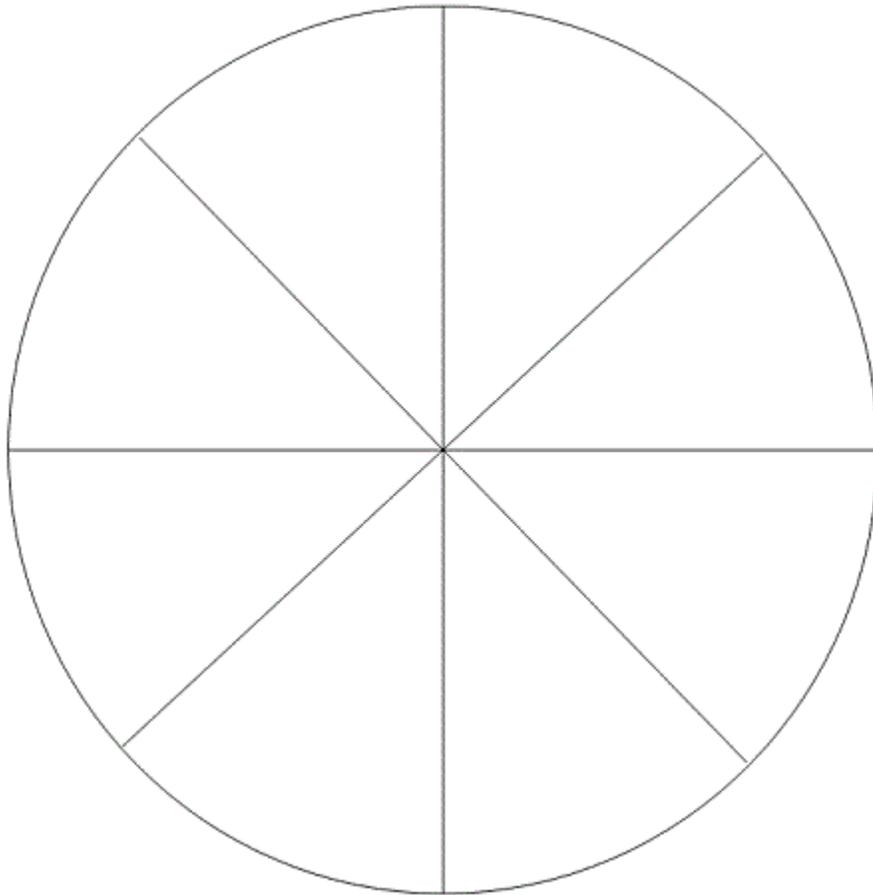
because I am doing _____

I am least satisfied in _____

and I will change this by _____

MY WHEEL OF LIFE

Date: _____



I am most satisfied in _____

because I am doing _____

I am least satisfied in _____

and I will change this by _____

Questions to Prompt Your Thought

Without repeating what's written in the online article, below I have included some additional questions to help you get the most out of each category.

<p>Physical Environment</p> <ul style="list-style-type: none"> ❖ Are you comfortable with the home that you live in? ❖ Do you have a clean and tidy environment? ❖ Do you have a good community? 	<p>Romance</p> <ul style="list-style-type: none"> ❖ Do you feel love? ❖ How often are you expressing love to others?
<p>Business/Career</p> <ul style="list-style-type: none"> ❖ Are you where you want to be by now? ❖ Is your career heading in the right direction? ❖ Are you satisfied with the kind of work you do? 	<p>Personal Growth</p> <ul style="list-style-type: none"> ❖ How focused are you on Personal Growth? ❖ Do you read often? ❖ Are you trying new experiences and thriving to learn? ❖ Are you satisfied with your direction in life?
<p>Finances</p> <ul style="list-style-type: none"> ❖ Are you comfortable with what you're earning to satisfy your needs? ❖ Are you financially set up for future growth in wealth? 	<p>Fun & Recreation</p> <ul style="list-style-type: none"> ❖ Are you enjoying life and making it fun? ❖ Are you satisfied with the level of activity that you do? ❖ Do you socialize often? ❖ Do you regularly do what you love?
<p>Health</p> <ul style="list-style-type: none"> ❖ How physically healthy are you? ❖ Are you satisfied with your level of fitness? ❖ Are you satisfied with your diet? ❖ Are you socializing often? 	<p>Spiritual / Contribution</p> <ul style="list-style-type: none"> ❖ What do you do that impacts the lives of others? ❖ How would others rate your contribution to society or to them as individuals? ❖ How connected are you to the inner and outer world? ❖ Are you satisfied with your relationship with your spiritual being?
<p>Family & Friends</p> <ul style="list-style-type: none"> ❖ Is your family supportive of you? ❖ Are your friends supportive of you? ❖ Are you socializing often? ❖ Are you supportive of your family & friends? 	<p>Self-Image</p> <ul style="list-style-type: none"> ❖ Do you think of your skills and abilities highly? ❖ Do you respect and love yourself? ❖ Do you appreciate yourself?

My Immediate Action Plan

Now that you have your Wheel of Life complete, looking at it is simply just not good enough. You need to ACT on it! Now that it is fresh in your mind, write 3 key goals or objectives you will achieve to help you restore balance to your life or enhance your life in the area(s) you feel most strongly about.

These could be as big as starting a new venture to help with your finances, or as small as calling a friend more regularly. Whatever you are most passionate about after looking at your Wheel of Life and while it's fresh in your mind, write your 3 points of action down now!

My Immediate Action Plan

1) _____

I will achieve this by (date)

2) _____

I will achieve this by (date)

3) _____

I will achieve this by (date)

I hope you found this useful!

If you have any questions, feel free to email me directly at brendan@startofhappiness.com or simply leave a comment on The Start of Happiness.

This information is given to you purely for free. All I ask is that if you know someone that can benefit from reading this, can you please send this to them, or let them know about [The Start of Happiness](#). Additionally, you may want to share on [Facebook](#) or [Twitter](#). The more people we have on this planet that are waking up excited each day and living a happy and fulfilling life, the better the World will be.

Remember, you *can* change the WORLD, one smile at a time!

Cheers!

A handwritten signature in blue ink, appearing to read "B. Baker".

Brendan