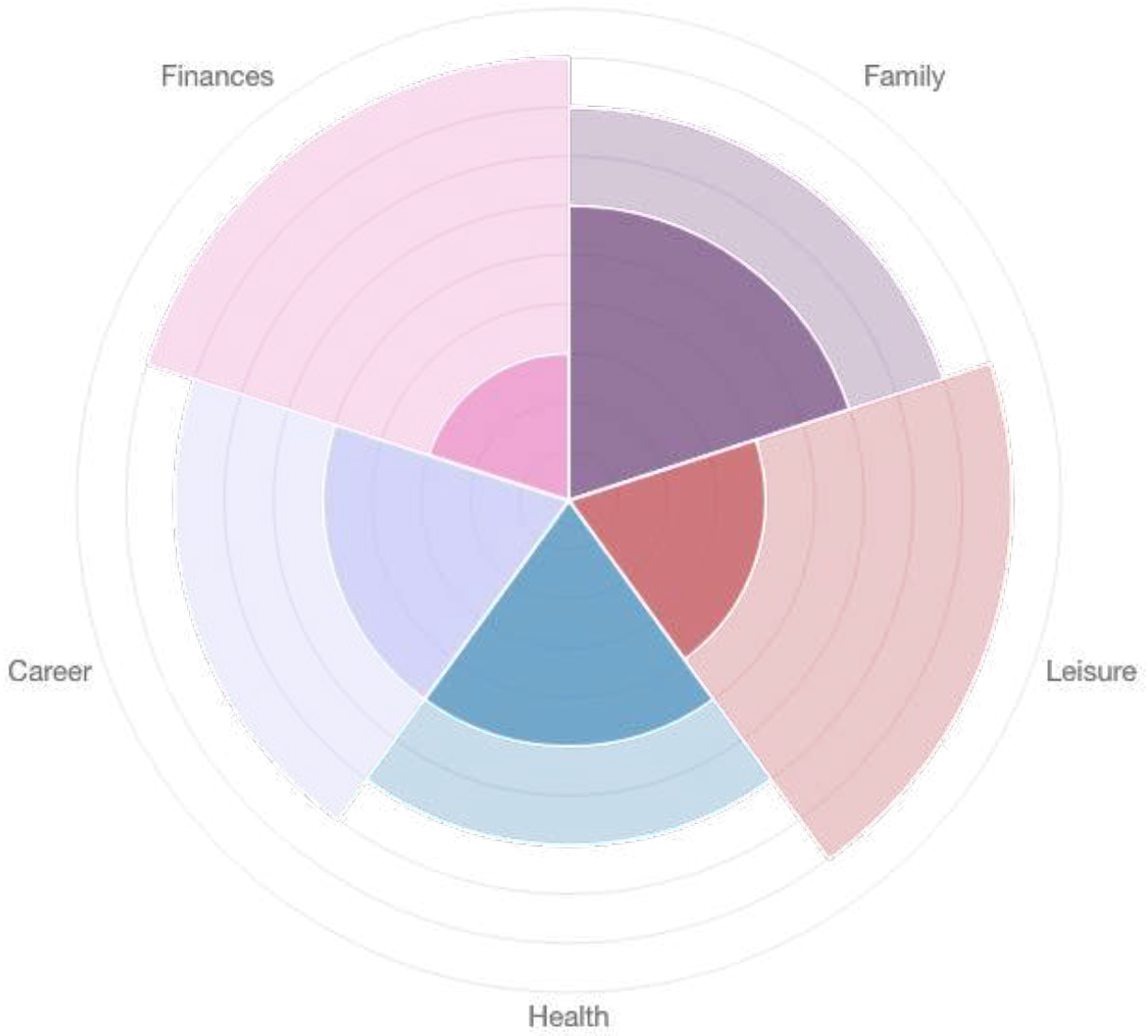


Wheel of Life

Family Leisure Health Career Finances



Reflecting On Your Wheel

With your wheel in hand, sit back and see what it looks like. Resist the temptation for self-judgment and see what your Wheel might be telling you. Consider some of these questions as you reflect:

- Have you ever thought about your life in this way before?
- Were there any surprises when you completed the Wheels? Any “ah ha’s”?
- Looking at areas where you feel on course, what are the strengths that can foster growth in other areas? What do you feel most proud of?
- Looking at areas with lower levels of satisfaction, what might be a reasonable target for growth or change in the next 6-12 months?
- What insights can you gain from this visual image?
- What would it take to increase your level of satisfaction in your high priority facets?
- Are there concrete next steps that you can identify to achieve a more balanced Wheel? For each facet, what would a “10” look like?
- Are there goals that emerge from this exercise that inspire you to move forward?