

Life Wheel Assessment

The Life Wheel Assessment can be used in many ways: It can be used to discover areas that need growth, it can serve as a visual to help bring greater balance to life and it can serve as a framework for annual planning.

We are most deeply satisfied when our lives reflect what is most important to us. Rate your level of satisfaction in each area of life from zero (the center) to ten (the outer edge) and draw a curved line to create a new outer edge.

Health/Fitness ____ Significant Other/Romance ____ Family ____ Friends ____ Career/Purpose ____

Finances ____ Personal Growth ____ Spiritual Growth ____ Ministry/Service ____ Home Environment ____

