## **Wheel of Life Worksheet**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Leisure Career **Personal Family** growth **Finance** Health **Spirituality Social life** On a scale of 1-10, rate your satisfaction in each of these areas: **Spirituality Finance** Social life **Personal growth** Health Career **Family** Leisure Which areas of your life are the most satisfying?

## **Wheel of Life Worksheet**

Which areas of your life are the least satisfying?	
Are you satisfied with your life in general?	
Are you satisfied with your fire in general:	
Do you think your life is balanced? What do you want to change?	