Wheel of Life

Name: ___________________________ Date: ___________

Directions: The eight sections in the Wheel of Life represent parts of your life. Seeing the center of the wheel as 0 (very dissatisfied) and the outer edge as 10 (very satisfied), rank your level of satisfaction in each life area by drawing a curved line in each section, somewhere between the center and the edge. This Wheel then represents your current level of satisfaction with your life. If this were a real wheel, how would your ride feel right now? Use this Wheel of Life as a way to assess the level of life satisfaction in each area. You may score it numerically to measure the improvement desired, or you may use it to have a coaching conversation about gaps between where you are now and where you would like to be.