## THE WHEEL OF LIFE

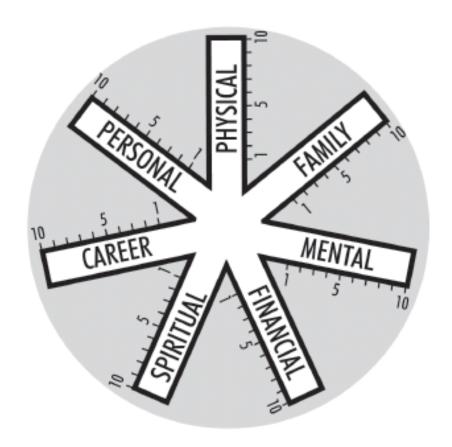
Read each of the category lists carefully and rate yourself on a scale of 1-10 in each space. Rate yourself with 1 being very poor and 10 being outstanding. For example, under Physical rate your own appearance. Do you look fit and well kept? Do this for all of the categories. You may have done this before. That's OK, you need to do it again and again – and every six months for the rest of your life. Now add up the total of each column and divide that number by 10. This will give you your personal score for that particular spoke on the wheel. Now go ahead and mark that number on your spoke on the wheel provided, and mark the rest of the spokes. Now connect the dots. What does your Wheel of Life look like? Is it round? Do you have flat spots? Do you have several spokes that need improvement?

Physical	Financial	
appearance regular checkup energy level muscles toned regular fitness program weight control diet & nutrition stress control endurance & strength other  TOTAL ÷ 10 =	proper priority personal budget impulse purchases earnings living within income charge accounts kept current adequate insurance investments financial statement other  TOTAL ÷ 10 =	
Spiritual	Personal	
believe in God inner peace influence on others spouse relationship church involvement sense of purpose attitude for giving donations prayer Bible study other	recreation exercise friendships community activities service clubs quiet time growth time consistent life other	
TOTAL ÷ 10 =	TOTAL ÷ 10 =	

Mental		
cont	ligence nal education tinuing education & training tive imagination irational reading spact disc education iisitive mind image	like what I do understand my job co-worker relationships productivity understand company goals understand my activity in relationship to my goals appreciate company benefits opportunity for advancement career transition
prino forgi forgi builo expr	d role model cipled but flexible iving attitude d self-esteem of others ress love and respect als together ily relationships ling with disagreements	 well-trained for my job other TOTAL ÷ 10 =

\_\_\_\_\_ other \_\_\_\_\_

\_\_\_\_\_ TOTAL ÷ 10 = \_\_\_\_\_



What does your Wheel of Life look like? Is it round? Do you have flat spots? Do you have several spokes that need improvement?