

## 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

\_\_\_\_\_ appearance  
\_\_\_\_\_ regular checkup  
\_\_\_\_\_ energy level  
\_\_\_\_\_ muscles toned  
\_\_\_\_\_ regular fitness program  
\_\_\_\_\_ weight control  
\_\_\_\_\_ diet & nutrition  
\_\_\_\_\_ stress control  
\_\_\_\_\_ endurance & strength  
\_\_\_\_\_ other \_\_\_\_\_  
\_\_\_\_\_ TOTAL ÷ 10 = \_\_\_\_\_

### Spiritual

\_\_\_\_\_ believe in God  
\_\_\_\_\_ inner peace  
\_\_\_\_\_ influence on others  
\_\_\_\_\_ spouse relationship  
\_\_\_\_\_ church involvement  
\_\_\_\_\_ sense of purpose  
\_\_\_\_\_ attitude for giving donations  
\_\_\_\_\_ prayer  
\_\_\_\_\_ Bible study  
\_\_\_\_\_ other \_\_\_\_\_  
\_\_\_\_\_ TOTAL ÷ 10 = \_\_\_\_\_

### Financial

\_\_\_\_\_ proper priority  
\_\_\_\_\_ personal budget  
\_\_\_\_\_ impulse purchases  
\_\_\_\_\_ earnings  
\_\_\_\_\_ living within income  
\_\_\_\_\_ charge accounts kept  
\_\_\_\_\_ current  
\_\_\_\_\_ adequate insurance  
\_\_\_\_\_ investments  
\_\_\_\_\_ financial statement  
\_\_\_\_\_ other \_\_\_\_\_  
\_\_\_\_\_ TOTAL ÷ 10 = \_\_\_\_\_

### Personal

\_\_\_\_\_ recreation  
\_\_\_\_\_ exercise  
\_\_\_\_\_ friendships  
\_\_\_\_\_ community activities  
\_\_\_\_\_ service clubs  
\_\_\_\_\_ quiet time  
\_\_\_\_\_ growth time  
\_\_\_\_\_ consistent life  
\_\_\_\_\_ other \_\_\_\_\_  
\_\_\_\_\_ TOTAL ÷ 10 = \_\_\_\_\_

Mental

- \_\_\_\_\_ attitude
- \_\_\_\_\_ intelligence
- \_\_\_\_\_ formal education
- \_\_\_\_\_ continuing education & training
- \_\_\_\_\_ creative imagination
- \_\_\_\_\_ inspirational reading
- \_\_\_\_\_ compact disc education
- \_\_\_\_\_ inquisitive mind
- \_\_\_\_\_ self-image
- \_\_\_\_\_ enthusiasm
- \_\_\_\_\_ other \_\_\_\_\_
- \_\_\_\_\_ TOTAL ÷ 10 = \_\_\_\_\_

Family

- \_\_\_\_\_ listening
- \_\_\_\_\_ good role model
- \_\_\_\_\_ principled but flexible
- \_\_\_\_\_ forgiving attitude
- \_\_\_\_\_ build self-esteem of others
- \_\_\_\_\_ express love and respect
- \_\_\_\_\_ meals together
- \_\_\_\_\_ family relationships
- \_\_\_\_\_ dealing with disagreements
- \_\_\_\_\_ time together
- \_\_\_\_\_ other \_\_\_\_\_
- \_\_\_\_\_ TOTAL ÷ 10 = \_\_\_\_\_

Career

- \_\_\_\_\_ 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
- \_\_\_\_\_ well-trained for my job
- \_\_\_\_\_ 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?