

Wheel of Life Worksheet

Name:

Today's Date:

Instructions: Find a quiet place that is distraction free and take a few minutes to complete this worksheet. Be intentional, think about the prompting questions, and this worksheet will give you clarity on what a rating of a 5 and 10 look like to you for each category.

Category	Prompting Questions & Items to Consider	What does a rating of a 10 look like for you?	What does a rating of a 5 look like for you?	OPTIONAL: What does a (insert #) look like for you?
Romance	<p>Define what romance means and looks like to you.</p> <p>Is it dating? Is it finding a partner or significant other? Marriage?</p> <p>If you are married or have a partner, then how do you define romance now?</p>			

Category	Prompting Questions & Items to Consider	What does a rating of a 10 look like for you?	What does a rating of a 5 look like for you?	OPTIONAL: What does a (insert #) look like for you?
Finance/Money	<p>Do you have enough money to cover your bills? To save? For retirement? Are you debt free?</p> <p>What is your stress level when it comes to finances and money?</p>			
Work/Career	<p>Think about what the perfect job or career is for you.</p> <p>Do you have a job?</p> <p>Do you have a career?</p> <p>Are you in a job that is moving you forward towards your ideal career/job?</p>			

Category	Prompting Questions & Items to Consider	What does a rating of a 10 look like for you?	What does a rating of a 5 look like for you?	OPTIONAL: What does a (insert #) look like for you?
Fun & Recreation	<p>Do you have any hobbies?</p> <p>Do you spend time doing the things you love, that interest you, bring you joy, or help you relax?</p> <p>Ideally what type of recreation would you like to participate in?</p>			
Health & Fitness	<p>Have you gotten an annual physical? Do the results indicate you are healthy?</p> <p>What area(s) around health and fitness do you need to work on?</p> <p>Consider nutrition, exercise, flexibility, stress level, mental health, etc.</p>			

Category	Prompting Questions & Items to Consider	What does a rating of a 10 look like for you?	What does a rating of a 5 look like for you?	OPTIONAL: What does a <i>(insert #)</i> look like for you?
Family	Define family for yourself. This is different for everyone.			
Personal Growth	Have you evaluated where you are in each area of your life? Do you have a plan to evaluate each area of your life on a regular basis (i.e. on a monthly or quarterly basis)?			
Spirituality	Do you have something that centers and calms you? Helps you feel a part of something bigger than yourself?			