

WHEEL OF LIFE



**A Tool to Help You Gain Clarity and
Remove Overwhelm**

N I K K I H A N S O N

WHEEL OF LIFE

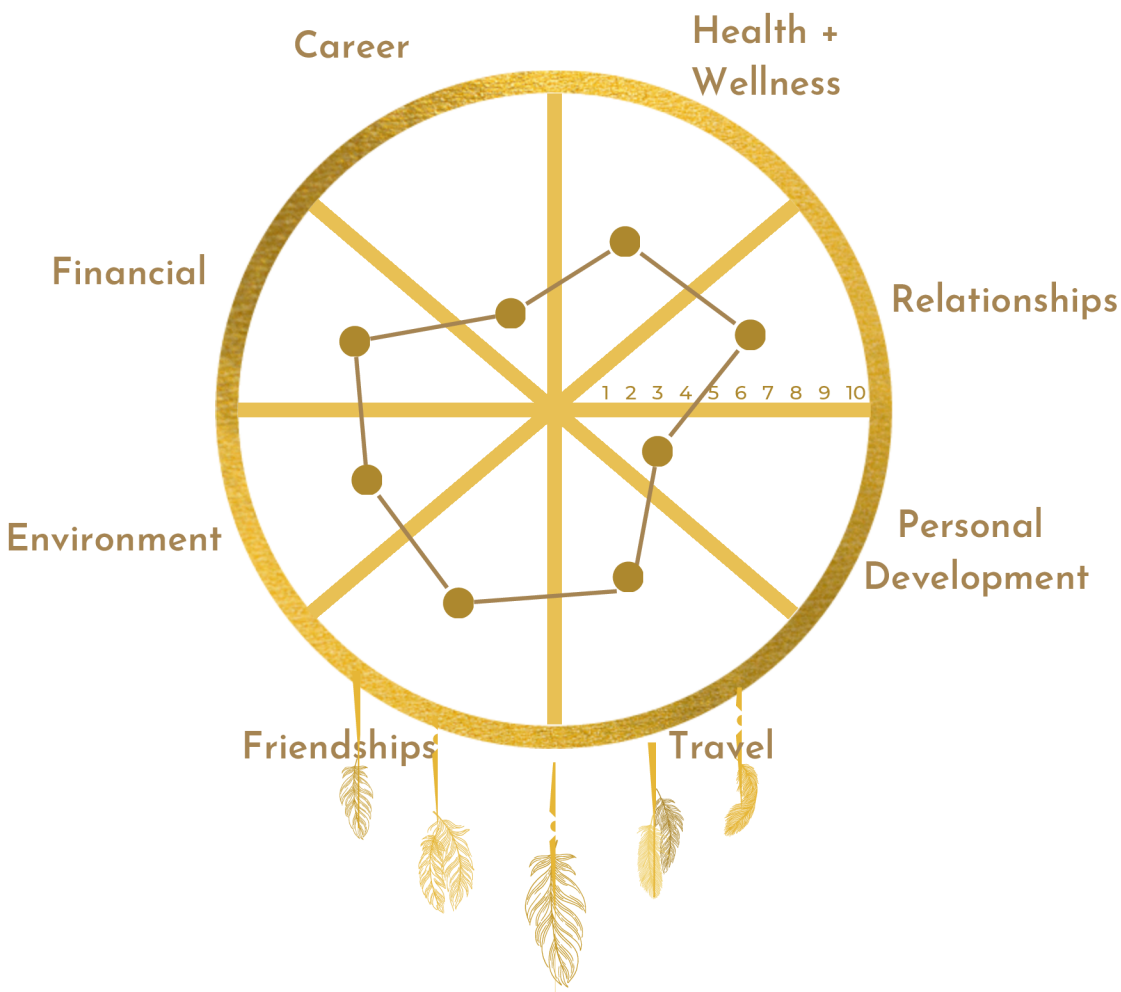
The Wheel of Life contains 8 sections that represent a way of describing our current satisfaction levels with our whole life. This is a snapshot of how we are feeling right now and is used to measure the improvements we are making in different areas of our life.

How to Complete

Rate each one of the 8 areas on a scale of 1-10 on how satisfied you currently are (where 0 means not satisfied and 10 means highly satisfied) by drawing a dot in that area. Don't think about it too much. Go with your initial instinct on what the answer should be.

When you have rated each area, connect the dots to form a wheel.

You can also do this again for the future which is where you would like to get to in each area.



Then take your completed wheel and decide on 1-2 areas you want to focus on. What you may notice is when you focus on just these areas the other areas may increase also.

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