

A LIFE CHECK-IN

Clarity before change

The Wheel of Life is a snapshot - not a report card. It helps you see what feels strong, what feels neglected, and where one intentional shift could improve more than one part of your life.

1

Rate each area

Choose a number from 1 to 10 based on how satisfied you feel today. Use your first honest instinct.

2

Plot your scores

Mark each score on its spoke, then connect the marks around the wheel. Shade the shape if you like.

3

Notice the pattern

Look beyond the lowest number. Ask which area has the greatest effect on the rest of your life.

4

Choose one focus

You do not need eight goals. Use what you notice to identify one meaningful area of focus for the next 90 days.

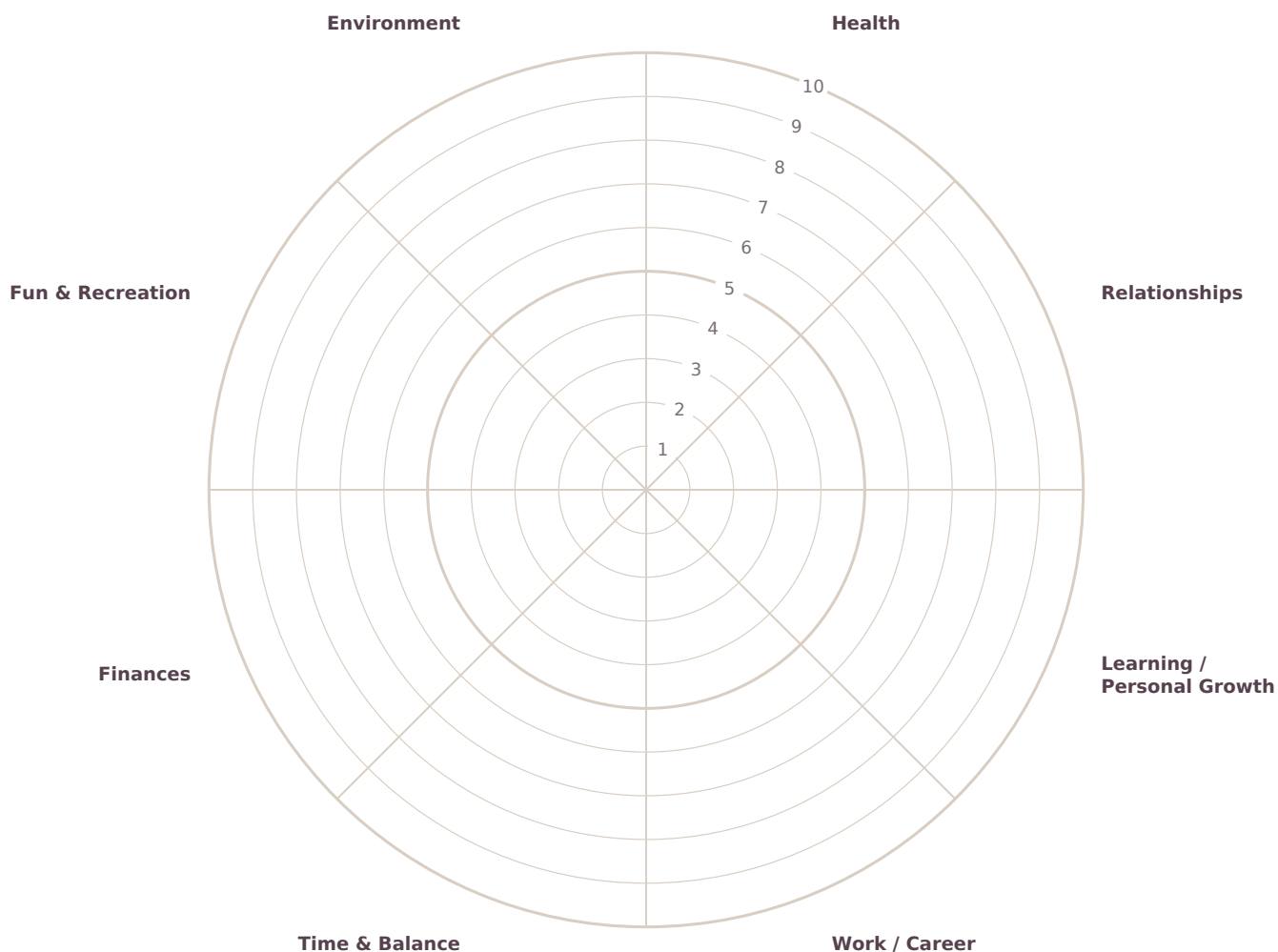
The rule: honest, not harsh.

A low score is information. It is not evidence that you are behind, broken, or doing life incorrectly. It simply points to an area asking for your attention.

YOUR CURRENT SNAPSHOT

Your Wheel of Life

Rate each area from 1 (deeply dissatisfied) to 10 (fully satisfied). Mark each score, connect the points, and shade the shape.



DATE _____

ONE WORD FOR THIS SEASON _____

LOOK BENEATH THE NUMBER

What is each score telling you?

Record the number you chose, then name the reason. A precise sentence will reveal more than a perfect paragraph.

HEALTH

Score _____

Because... _____

RELATIONSHIPS

Score _____

Because... _____

**LEARNING /
PERSONAL GROWTH**

Score _____

Because... _____

WORK / CAREER

Score _____

Because... _____

TIME & BALANCE

Score _____

Because... _____

FINANCES

Score _____

Because... _____

FUN & RECREATION

Score _____

Because... _____

ENVIRONMENT

Score _____

Because... _____
