



Hello There,

There are two parts. I suggest that you print them out. The first is the **Wheel of Life** and below is an explanation regarding its use. The second is the **Rating Scale** that I designed to be used with the Wheel of Life to help ascertain what area is where the work should begin.

The Wheel of Life is an assessment tool used by as a starting point to get to know where your level of satisfaction is at the present moment. Once the exercise is completed, it will show a visual representation of the eight different areas of life and the harmony and balance that they have in relation to each other.

It has one other important function; it's designed to give a snapshot of your present level of satisfaction—that means in the present moment how you feel satisfied with each area of your life. What it does is give a visual of your present reality; and enables you to choose an area that if worked on (Goal Plan), it will create a more desirable reality.

Each area on the Wheel has a rating scale from one to ten. One being the least satisfied and ten being the most satisfied. It is basically a generic wheel and the different areas of life can be changed to whatever is representative of your life. For example, one person who completes the exercise may be retired. He or she can change Business/Career to Bucket List, Community Service, or Volunteer Work. The wheel is generic and can be manipulated to fit any of the main categories of your life.

In order to rate each area of the Wheel of Life with more accuracy, I designed a Rating Scale. The Rating Scale consists of four or five statements under each of the eight areas. These statements are only to be **used as a guide**. They are to help assist with parts of an area that you may not think about but may be an important factor to include in assigning an accurate number to each area. Remember, these statements are only to be used as a guide. Some you may use and others you won't depending on your individual situation. So, just skim through them.

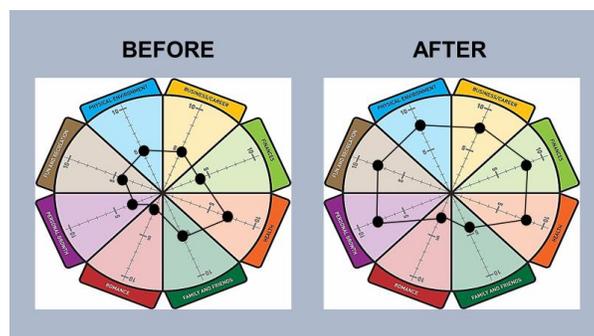
After reading the statements for each area, choose a number on a scale of one to ten (1= least satisfied and 10=most satisfied) and **put the number in the circle that is adjacent to the statements.**

Next, transfer the numbers to the wheel on the next page and connect the dots. Imagine that the connected dots are, in fact, a wheel. Is it rounded so as to be able to ride down an imaginary road or is it jagged and out of shape and you would be stuck in a rut? Now, circle an area that if worked on would bring more harmony and balance to your life. This is your starting point on the path to goal achieving and changing your life for the better.

One More Thing...

The lowest score may not be the area of life that will make the most impact if changed. So, really really take some time to reflect when doing the exercise.

IT SHOULD BE AN AREA THAT WILL BE LIFE-CHANGING IF WORKED ON. I have included an example of one that looks like Romance or Personal Growth should be the starting point because of their low scores BUT changing Physical Environment for this client, even though the score was an average (5) was the best choice given the client's personal situation.



As you can see, changing the Physical Environment, pushed out three other areas for this person. Although the Romance and Personal Growth were lacking, changing them wouldn't have made as huge an impact on this person's life.

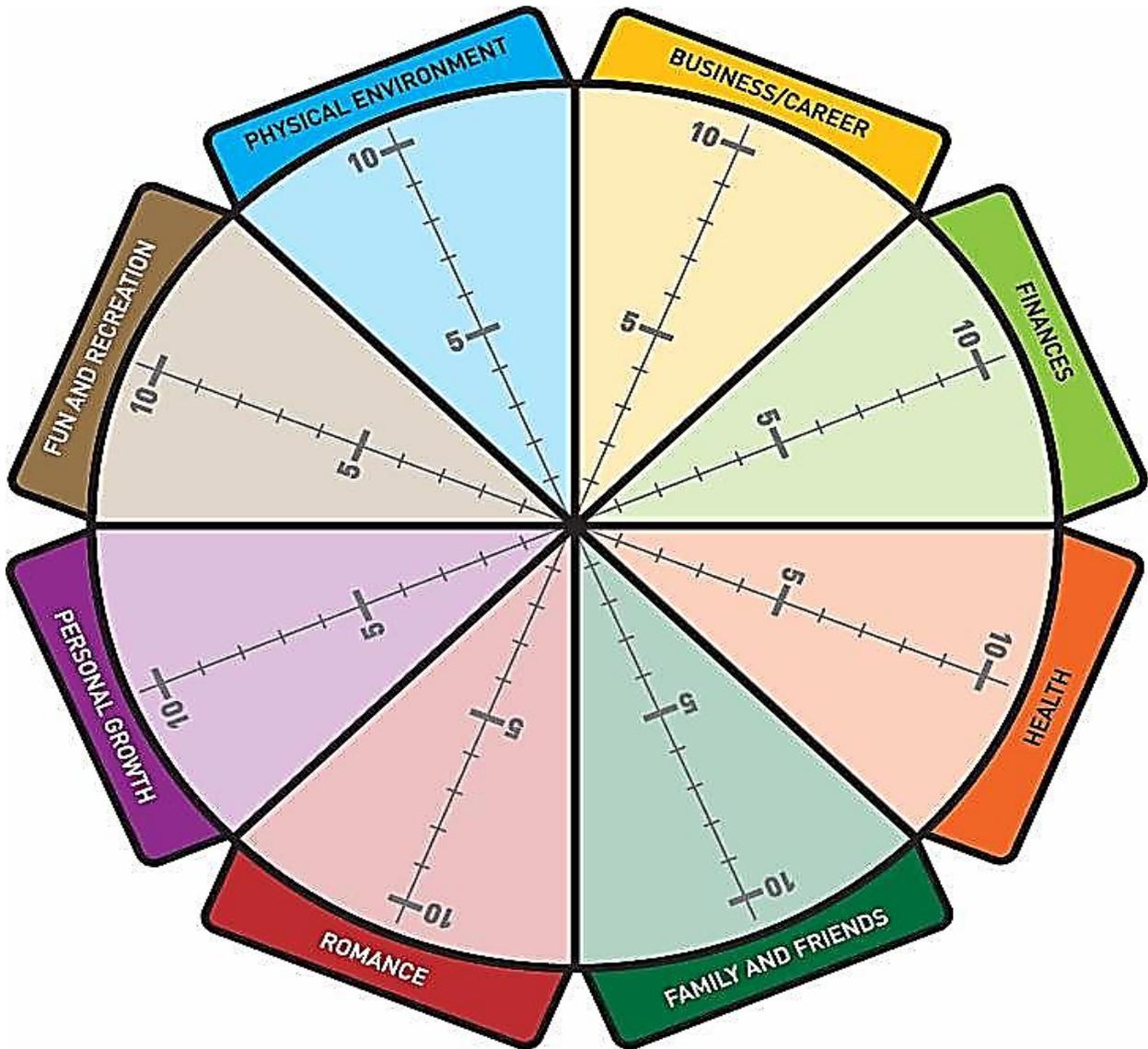
Enjoy and if you have any questions regarding these handouts, please let me know.

Sincerely,

Donna

P.S. If you are divorced and are looking to find out where you are "stuck" or "in pain", I have another exercise not unlike this one that can help pinpoint where you need to begin the work.

Wheel of Life



RATING SCALE FOR WHEEL OF LIFE EXERCISE

Below are examples of statements that can be used as a guide for plotting a numerical value for each area on the Wheel of Life. The numerical value should be the level of satisfaction in the present moment. Rate each area on scale of 1-10 (10=total satisfaction). Put a number in each circle for each area, plot the numbers on the Wheel, and then connect the dots. Circle the area that if improved would create more harmony and balance.

BUSINESS/CAREER	FINANCES
I experience a sense of personal success and accomplishment involving my efforts at work.	I take care of my money, economic affairs, and keep good financial records.
I feel my capability and expertise are well employed.	I have sufficient funds to do the things I enjoy and to achieve the things that are important to me.
I enjoy the people I work with and experience a good working environment.	I am happy with my current financial plan and have a plan in place for investing for my future.
I see opportunities for advancement and growth within my position.	I am free from fear and anxiety about money.
I am enthusiastic and passionate about my work.	

HEALTH	FAMILY AND FRIENDS
I am pleased with my level of energy and enjoy a good quality of life.	I am satisfied with the role I play and the level of responsibility I have within the family.
I consciously exercise, maintain good habits, and eat for ideal health.	I maintain good relationships with family members and stay in touch regularly.
I approach my health in a positive, realistic way instead of a crisis management approach.	I have trust and faith in my friends and make the most of the time I spend with them.
My body is a sacred temple that I value, respect, and treat with love.	I have an adequate number of awesome friends that nurture and support me.
I have a wholesome body image.	

ROMANCE	PERSONAL GROWTH
I support the one I love. I receive encouragement, respect, and feel my needs are met.	I regularly challenge myself with goals that expand me and make me grow.
I am willing to take chances and risks all in the name of intimacy and love.	I meditate, read, study, recharge, and cultivate joy in spiritual growth.
I am open to creating a nurturing, intimate, loving relationship.	I have an inner power of calm that sustains me no matter what situations life throws at me.
I create passion, romance, and deep friendship in my relationship.	I am excited about my journey down the road of life and approach each day as an adventure.
I am free from past wrongdoings and blame in the area of intimate relationships.	I regularly practice living a life that I love and loving how I continually evolve.

FUN AND RECREATION	PHYSICAL ENVIRONMENT
I create plenty of time and space in my life to chill out and enjoy myself and others.	My home is a sanctuary that creates a sense of peace, calm, and serenity within me.
I know what activities energize me and bring pleasure. I indulge in them regularly.	I have a sacred space within the sanctuary that promotes healing energy and practice.
I regularly take the time I need to experience play, adventure, and leisure.	I am surrounded by things I love and have meaning for me.
I pursue my favorite hobbies and interests with creative energy and joy.	My home is uncluttered, and I regularly purge the extra baggage.