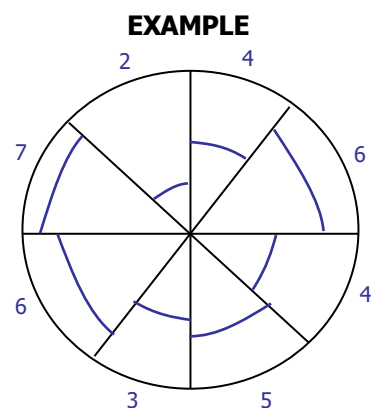
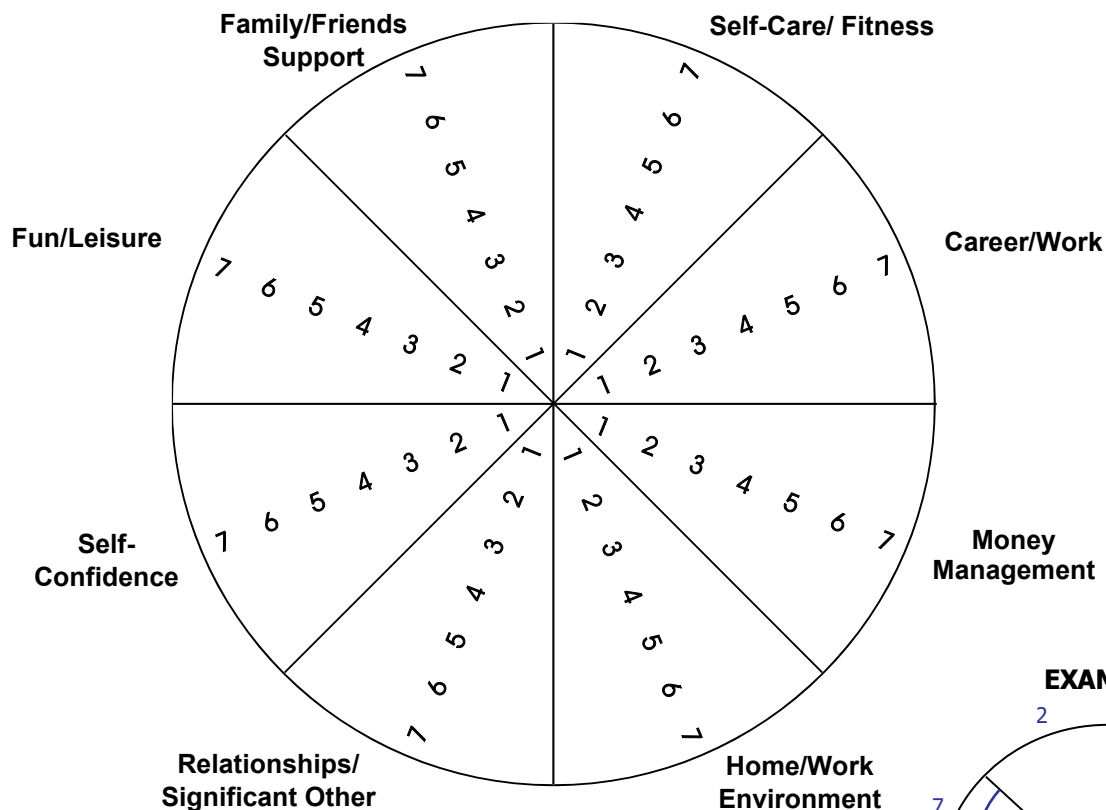




Wheel of Life for Women

The Wheel of Life is designed to help you clarify the areas in your life which are strong and which areas you would like to improve. This tool will help you prioritize what you want for your life and then help you set clear goals.

- 1) Look at the Wheel below. Each of the 8 sections represents an area of your life. On a scale of 1-7, circle the number that best reflects how satisfied you feel about that area of your life right now. 1= least satisfied, 7= most satisfied.
- 2) Next, draw a line, see example below, to indicate the area of that circle. This will give you a strong visual of how pleased you are with that part of your life.





Once you have completed your life wheel, here are some questions for further self-reflection:

1. I am most satisfied with my life in the area (s) of:

- _____
- _____
- _____

2. The area(s) I want to improve are:

- _____
- _____
- _____

3. Create an Action Plan:

Looking at each area of your life, what could you do to move your satisfaction level up one number. For example, if you scored a "4" in creative abilities, what could you do to make it a "5"? If, on the other hand, you scored a "7," what could you do to maintain your level of satisfaction?

Life Area (Ex: Self-care)	Action Plan (Ex: Meditate 15 minutes)	When? (Ex: Daily)
Self-care/Fitness		
Career/Work		
Money Management		
Home/Work Environment		
Relationships/Significant Other		
Self-Confidence		
Fun/Leisure		
Family/Friends Support		

"Whoever wants to reach a distant goal must take small steps." -Saul Bellows