

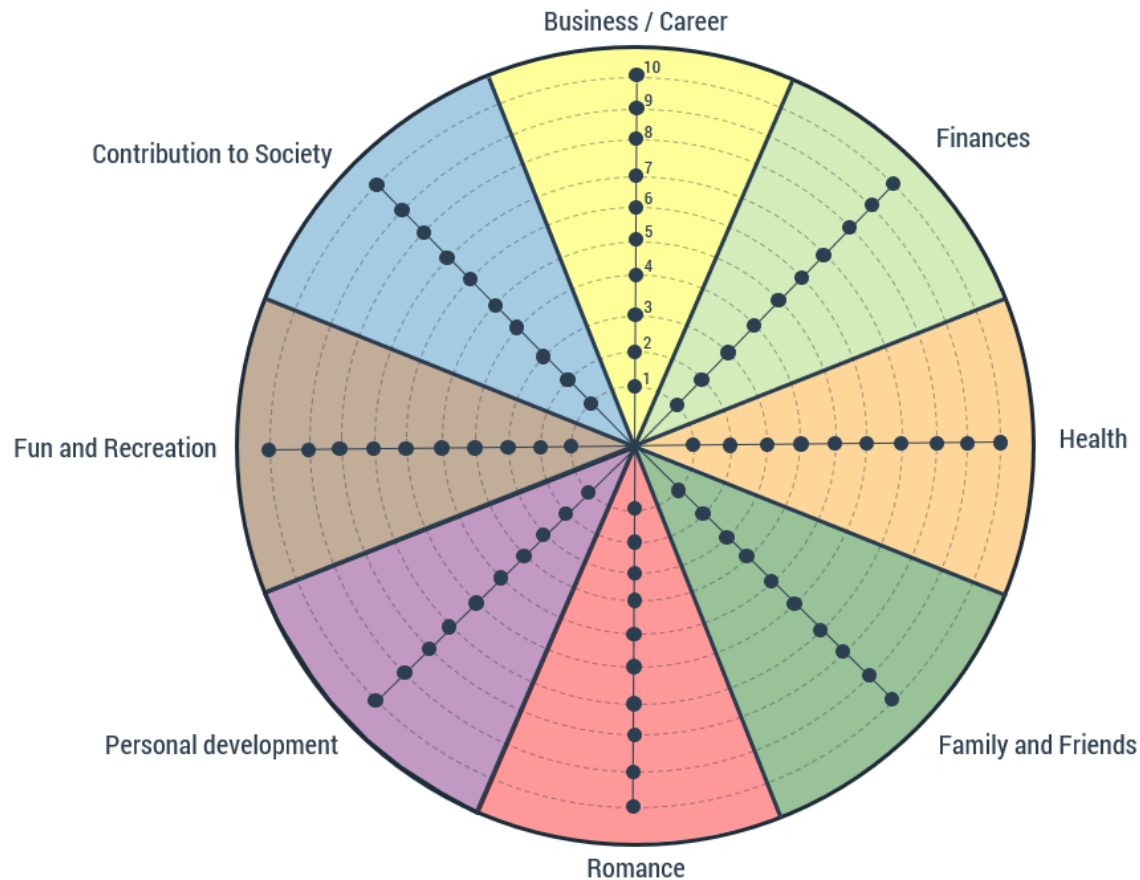
Wheel of Life - Template

Use this template to create a Wheel of Life. Use the questions to rate the different categories with a score between 0 and 10. Once you've finished all the categories, connect your scores to each other. Your Wheel of Life is now created. Use your Wheel of Life to create to set short-term and long-term (life) goals.

- For more information on this model, visit: <https://www.toolshero.com/personal-happiness/wheel-of-life/>

Name : _____

Date : __/__/__



Business & career

- How satisfied are you with your job, is it the job that you had imagined or would you rather pursue another career?
- Does the job bring you happiness and satisfaction?
- Does the job earn enough for a living?

Finances

- Are all incomes enough to meet all basic needs and other needs? -
- Are you not dependent on loans?
- Do you not have any debts?
- Is money the only thing that makes a person happy?

Health

- How physically and mentally healthy are you and how do you feel?
- Are you satisfied with your appearance and weight?
- Do you have any physical discomforts?
- To what extent are you engaged in sports?

Family & friends

- Are friends supportive, unconditional and trustworthy?
- Can friendships be built upon and friends always be counted on?
- To what extent do you spend your free time with family and friends?

Romance

- Have you found happiness in love?
- Do you have a new partner or a committed partner on who you can build?

Personal development

- How do you deal with personal growth.
- Are you open to new experiences and eager to learn? - Are you spiritually connected to both the inner and outer world?

Fun & recreation

- Are you enjoying life?
- Do you practice hobbies or sports?
- How do you spend your free time?

Contribution

- Do you help others?
- Do you volunteer or help family members?