

A Great Tool for Visualizing Your Current Life Situation

Take a Look at where you are now by **Rating** the following 5 Areas of Your Life Wheel – **Career, Health, Relationships, Family,** and **Finances**.

Rate each life area on a scale of **1 (Awful) -to-10 (Fantastic)**, starting from the center going towards the outer circumference. Color the pie piece under the rating line for each area and connect them around your wheel.

How round and balanced is your current Life Wheel?

Now, imagine riding a bicycle with a wheel that looks like your current life situation – How far would you be able to ride on that wheel?

Your Life Wheel

