



Life Wheel Assessment

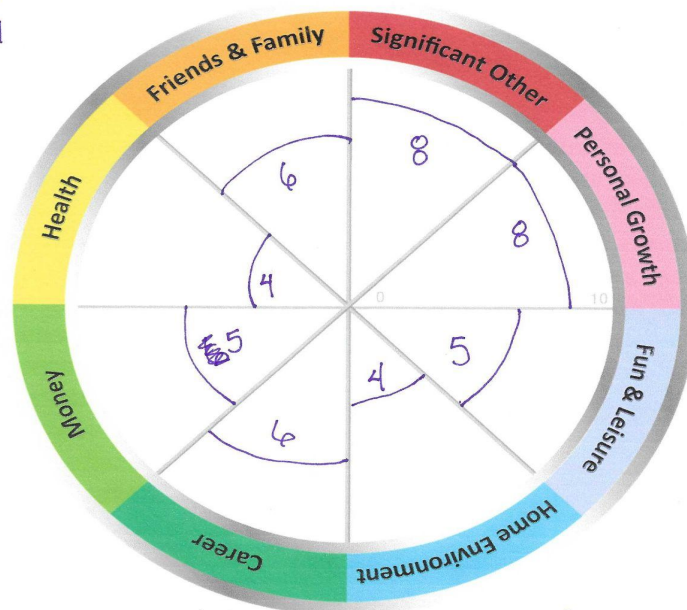
Periodically in life we should pause and reflect upon how satisfied we are with different aspects of our lives. This life wheel concept has been around for a long time and coaches often have clients use this tool to determine their “baseline” of life satisfaction. In the **YOU BEYOND LIMITS program** we use this tool in the beginning of the 12-week program and again at the end of the program so you can measure the progress you made from the coaching experience. It’s amazing to see how much you can change your life in just 12 weeks of inspired action!

COMPLETE THE WHEEL:

1. Review the 8 Wheel Categories - think briefly what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment that represents your satisfaction score for each area.
 - Imagine the center of the wheel is 0 and the outer edge is 10
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
 - Now draw a line and write the score alongside (see example below)

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it should be!

My Life Wheel
10/21/21



My top 3⁺ Needing attention (lowest scores)
(4) Health + Home Environment
(5) Money + Fun/Leisure
(6) Career + Friends/Family



Ask yourself the following questions when you are considering your level of life satisfaction:

Personal Growth

- Are you trying new experiences and thriving to learn?
- Are you satisfied with your direction in life?
- Do you actively invest time in your personal growth?
- Are you a reader? Have you learned something new recently?

Fun & Leisure

- Are you enjoying life and making it fun?
- Are you satisfied with the level of activity that you do?
- How often do you socialize and connect with others?
- Do you spend time regularly doing things you love?

Home Environment

- Is your living space tidy and clean?
- Are you comfortable with the home that you live in?
- Are you happy in the community you live?

Career

- Is your career progressing in the direction you desire?
- Are you where you want to be by now?
- Do you see a future career path in your work? Or is it just a JOB?
- Are you satisfied with the kind of work you do?

Money

- Are you satisfied with your current earnings? Are you living comfortably?
- Do you have financial plans in place for growing your wealth in the future?
- Are you comfortable with the amount of debt you have?

Health

- Are you satisfied with your weight? Your level of fitness?
- Are you physically healthy?
- Does your diet support good health or does it need attention?
- Do you respect and love yourself? Do you appreciate yourself?

Friends & Family

- Do you feel your family supports you? Are your friends supportive of you?
- Are you supportive of your family & friends?
- Do you make time to spend with family and friends?

Significant Other

- Do you feel loved by your significant other?
- Does the relationship feel like a partnership? Are you happy?
- Is there good communication or enough intimacy?
- Are you expressing love to others?

Your Wheel of Life

Are there any surprises for you? How do you feel about your life as you look at your Wheel?

- How do you *currently* spend time in these areas? How would you *like* to spend time in these areas?
- Consider what would a score of 10 look like? Which of these categories would you *most* like to improve?
- How could you make space for these changes in your life?
- What help and support might you need from others to make changes and be more satisfied with your life?

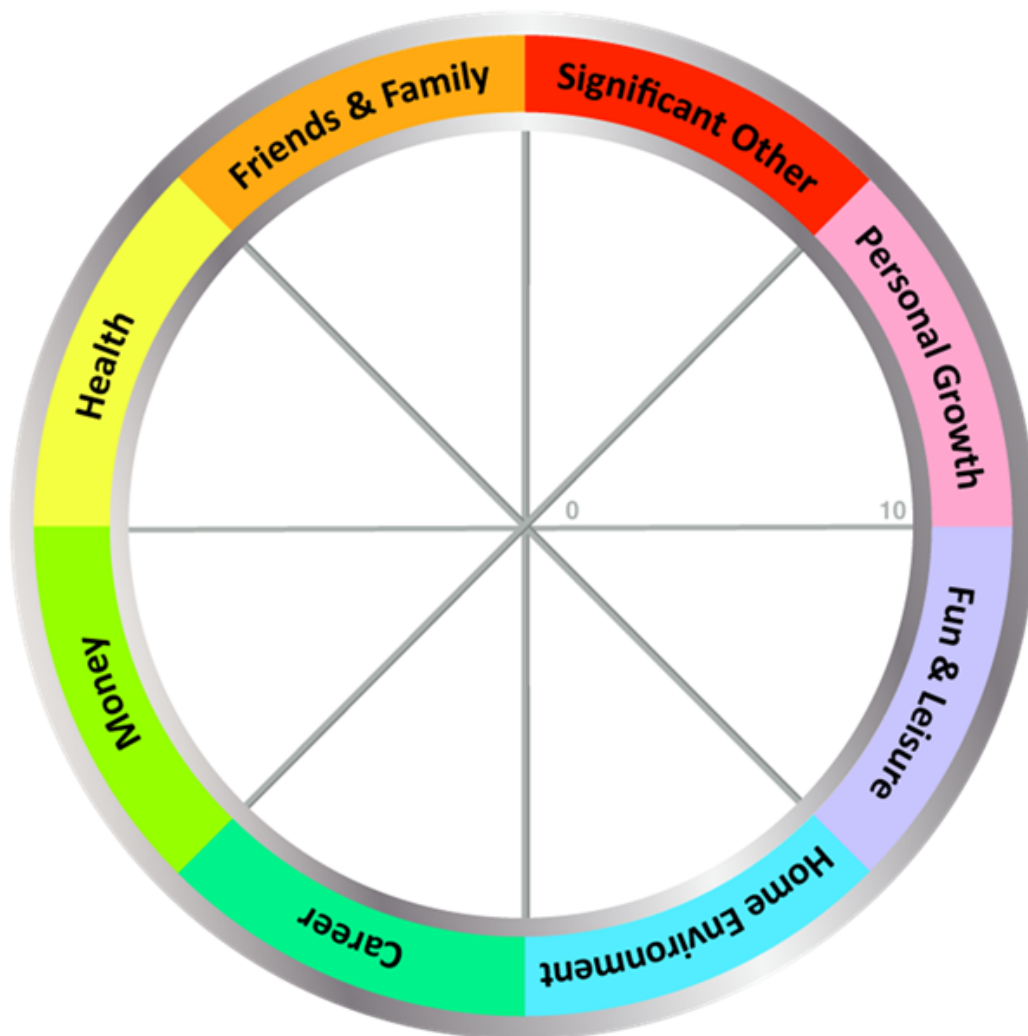


- What change *should* you make first? And what change do you *want* to make first?
- If there was one key action you could take that would begin to bring everything into balance, what would it be?

Taking action - choose the 3 areas you most want to work on and identify an action for each. What is the smallest step you could take to get started?

Here's a blank life wheel for you to fill in:

Name _____ Date _____



I hope you found this tool useful - now you can consider how you will **take action** to improve in the areas you desire to change. You are in the driver's seat of your life - steer in the direction of your dreams.

It's our mission to share light and love to the world. This is a time for awakening - the world needs all of humanity to step up and be better humans. This transformation happens one person at a time and it starts with YOU. For **additional free resources** for self-coaching to get the most out of life, check out our website at beyondlimitsunited.com.

If you are interested in learning about getting **world-class coaching** to fuel big changes in your life, check out our YOU BEYOND LIMITS program at youbeyondlimits.com

Be well and remember to be the LIGHT you want to see in the world!

With gratitude and love,

Jackie Breezer

Beyond Limits United LLC.