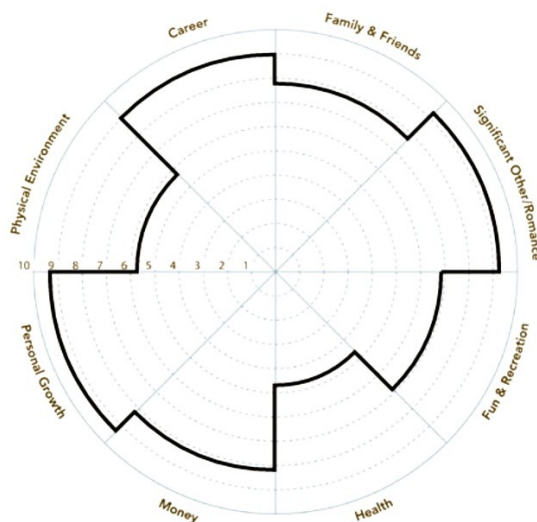


Life Wheel Strengths Assessment

Life can get busy. With more and more priorities competing for a limited amount of time, we can focus too much on one area of life forget to pay attention to other equally important areas of need. A life wheel assessment is a great tool to determine what areas are lacking attention. It also helps to identify what strengths and actions can help to move you back towards fulfilment, productivity and balance.

How to use the assessment

1. Review the life categories and rate each category between 1 (very dissatisfied) and 10 (fully satisfied). The centre of the wheel is 0 and the outer edge is 10. Trust your instincts and write the first number that comes to mind.
2. Draw a line across each category. The lines represent your level of satisfaction in each area. The diagram below is an example of what your completed life wheel should look like.
3. Select ONE area to focus on, ONE character strength and ONE small but powerful action that you can implement to begin restoring life balance. (HINT: trust your instincts again)



Action Plan

1. Area of focus:
2. Character strength:
3. Small Specific Action:

