

Life On Purpose Institute, Inc. Purposeful Report

Balancing Your Wheel of Life

Life On Purpose Style

by
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This is a fun, engaging and revealing exercise, so take your time doing it. As we continue to explore what shapes our lives, this exercise will begin to give you a visual representation of the shape of your life.

Step One

Make a list of the primary areas of your life. Include all the areas of importance so that the compilation of all of them will encompass your life. There may be from 5 -10 different areas. For example, your list may include work, family, recreation, spirituality, community and so on. Pick the areas and the terms that work best for you.

Area of Life	Working	Satisfied	Average

Step Two

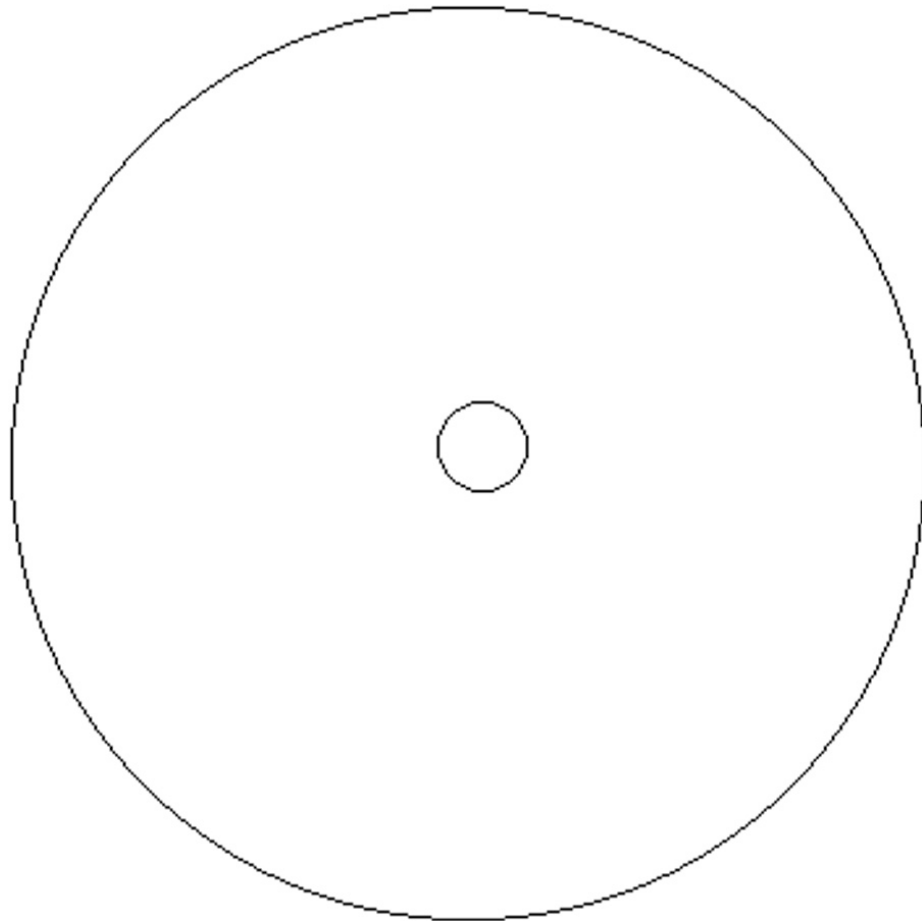
On a scale from 1 to 10 (1 = unsatisfactory and 10 = Great) evaluate where you presently are in each area of your life. Look from the following two perspectives then take the average of both:

- The degree to which life is working in that area
- The degree to which you are satisfied and fulfilled in that area

For example, your career might be working just fine. You're getting your job done, your employer is pleased and yet you're not satisfied or fulfilled. So, it might be working at the level of an 8, but the degree of satisfaction is at a 4. Your final evaluation for that area would be around a 6 ($8+4=12$ divided by $2=6$.)

Step Three

Once you have your list, count up how many different areas you have. On the wheel below draw a line from the hub of the wheel to the outer rim for each area on your list. At the outer rim where the line connects, write the word or phrase for that area of your life.

**Step Four**

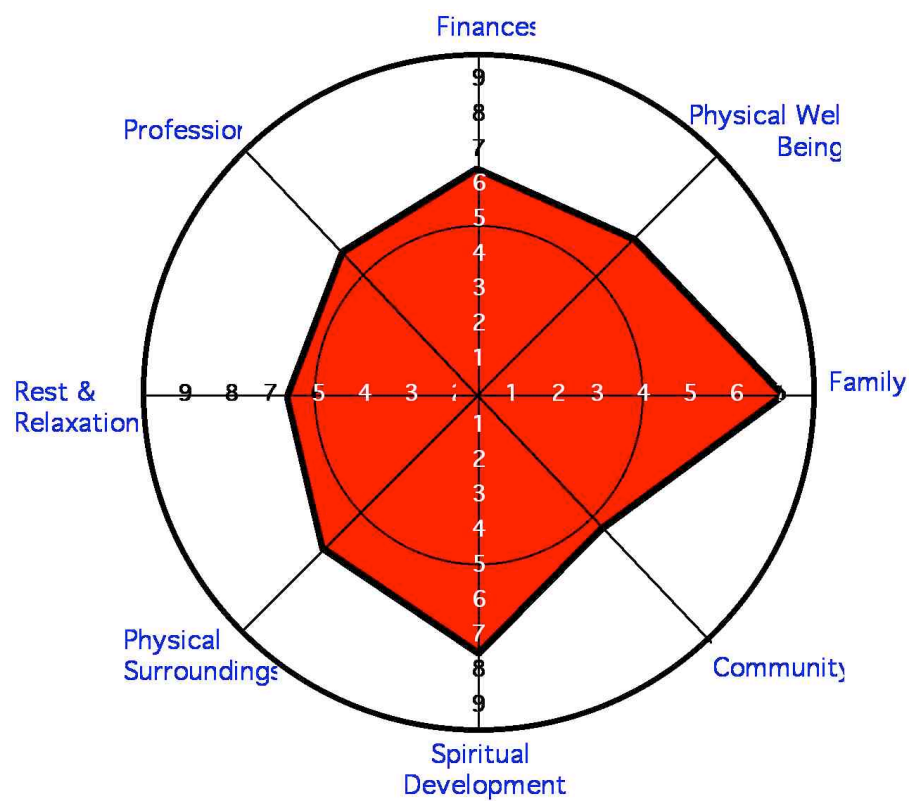
Once you've determined your level for each area, write the number on the line or spoke that represents that area, with the hub representing a zero and the rim a ten. (For example, if your evaluation is a 5, 5 would go at the middle of the spoke.)

Step Five

Once you've completed the evaluation for all the areas, play "connect the numbers." Draw a line from one number to the next until you have all the numbers connected, which will give you an inner circle or wheel.

Take a look at your wheel. Is it balanced? Would your ride be bumpy or smooth if this wheel were on your car? What does this inner circle reveal about your life?

Wheel of Life Example



Notes

[illegible]