



MYLIFEHUB

free from my past ready for my future

## SELF-DEVELOPMENT COACHING CENTRE

powered by  
DUNA.AUS

### THE WHEEL OF LIFE

Life Assessment Tool

#### Introduction

Balance is personal and unique to each individual - what may be satisfying or balanced for some may be stressful or boring for others. Balance must be assessed over time. A regular check-in can highlight useful patterns and help you learn even more about yourself and your life balance

When last did you take stock of your current life?

When last did you take a good hard look at all the parts of your life that makes up who and what you are? Are you living a balanced life or are you spending too much or too little time & energy on certain parts of life? The following assessment will help you identify and act on the areas that require improvement.



## Section 1 Assess

This Assessment contains 9 areas that, together, represent one way of describing a whole life. This exercise measures your level of satisfaction and range of expression in these areas as a snapshot in time. As you work through this assessment you will find areas where you can acknowledge yourself for the success you have created and areas where you may want to improve your level of satisfaction. Rank each of the statements below on a scale from 1 (Highly Disagree) to 10 (Highly Agree), then total your scores for each area.

### Career (1 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

|                                                              |            |
|--------------------------------------------------------------|------------|
| I love my work.                                              |            |
| I feel my talents and skills are well used in my work.       |            |
| I enjoy my work environment and the people with whom I work. |            |
| I see opportunity for growth and development in my position. |            |
| I feel like I have found my right livelihood.                |            |
| <b>Total</b>                                                 | <b>/50</b> |

### Fun and Recreation (2 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

|                                                                                         |            |
|-----------------------------------------------------------------------------------------|------------|
| I regularly take the time I need to experience play, adventure and leisure.             |            |
| I know what activities renew me and bring me alive and I participate in them regularly. |            |
| I create plenty of space in my life to relax and enjoy myself and others.               |            |
| I create fun for myself and others.                                                     |            |
| <b>Total</b>                                                                            | <b>/40</b> |

### Money and Finances (3 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

|                                                                                                          |            |
|----------------------------------------------------------------------------------------------------------|------------|
| I have enough money to do the things I want to do and to accomplish the things that are important to me. |            |
| I manage my money and financial affairs and records well.                                                |            |
| I am free from worry and anxiety about money.                                                            |            |
| My financial future feels robust and sustainable.                                                        |            |
| <b>Total</b>                                                                                             | <b>/40</b> |

### Physical Environment (4 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

|                                                                                    |            |
|------------------------------------------------------------------------------------|------------|
| I feel nourished and supported by my home.                                         |            |
| I am surrounded by things that I love and have meaning to me.                      |            |
| The level of order in my surroundings is appropriate to my needs. (it serves me)   |            |
| My wardrobe is a clear expression of who I am. I love being in the clothes I wear. |            |
| <b>Total</b>                                                                       | <b>/40</b> |

### Personal Growth (5 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

|                                                                                         |            |
|-----------------------------------------------------------------------------------------|------------|
| I have a belief system that sustains me no matter what circumstances life throws at me. |            |
| I am engaged in the unfolding story of my life and approach each day as an adventure.   |            |
| I regularly experience living a life that I love and loving who I am becoming.          |            |
| I regularly engage in activities and learning that grow and expand me.                  |            |
| <b>Total</b>                                                                            | <b>/40</b> |

### Health and Wellbeing (6 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

|                                                                                                           |            |
|-----------------------------------------------------------------------------------------------------------|------------|
| I approach my health in a proactive and generative way, rather than crisis management mode.               |            |
| I am satisfied with my level of vitality and well being.                                                  |            |
| I have support systems and structures in place that allow me to easily maintain my health and well being. |            |
| I am conscious of my body and fitness level and take responsibility for my physical well-being.           |            |
| I know what works for me to maintain my health and I consistently do it.                                  |            |
| <b>Total</b>                                                                                              | <b>/50</b> |

### Friends & Family (7 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

|                                                                                        |            |
|----------------------------------------------------------------------------------------|------------|
| I have a sufficient number of great friends.                                           |            |
| My friendships nourish and sustain me.                                                 |            |
| I am a good friend and I make myself available to my friendships.                      |            |
| I am satisfied with the level of contact I have with my family.                        |            |
| I am satisfied with the role I play and the level of contribution I have in my family. |            |
| <b>Total</b>                                                                           | <b>/50</b> |

1 (Highly Disagree) to 10 (Highly Agree)

### Significant Other (8 of 9)

|                                                                                 |            |
|---------------------------------------------------------------------------------|------------|
| I am open to creating an intimate loving relationship.                          |            |
| I am free from past resentments or blame in the area of intimate relationships. |            |
| I am willing to risk myself for the sake of intimacy.                           |            |
| I create romance in my life.                                                    |            |
| <b>Total</b>                                                                    | <b>/40</b> |

### Spirituality (9 of 9)

1 (Highly Disagree) to 10 (Highly Agree)

|                                                                           |            |
|---------------------------------------------------------------------------|------------|
| I am happy with the level of Spirituality(Devotion time) in my life       |            |
| I am content with my level of spiritual interaction with fellow believers |            |
| I am contributing to help others on their spiritual journey               |            |
| I feel content that I am in my spiritual purpose                          |            |
| <b>Total</b>                                                              | <b>/40</b> |

## Section 2 - Reflect

To get a snapshot of your life, transfer your total scores from page one to the summary Wheel of Life and find the % of the total for each area. Then take that percent and draw a line in the respective area on the Wheel. Look at your completed wheel. If your life is riding on this wheel, how bumpy is the ride? Answer the questions on the right to help you expand your satisfaction and balance.

### Summary:

|                      |     |   |   |
|----------------------|-----|---|---|
| Career               | /50 | = | % |
| Fun and Recreation   | /40 | = | % |
| Money and Finances   | /40 | = | % |
| Physical Environment | /40 | = | % |
| Personal Growth      | /40 | = | % |
| Health and Wellbeing | /50 | = | % |
| Friends              | /50 | = | % |
| Family               | /40 | = | % |
| Significant Other    | /40 | = | % |
| Spirituality         | /40 | = | % |

## Section 3- Define

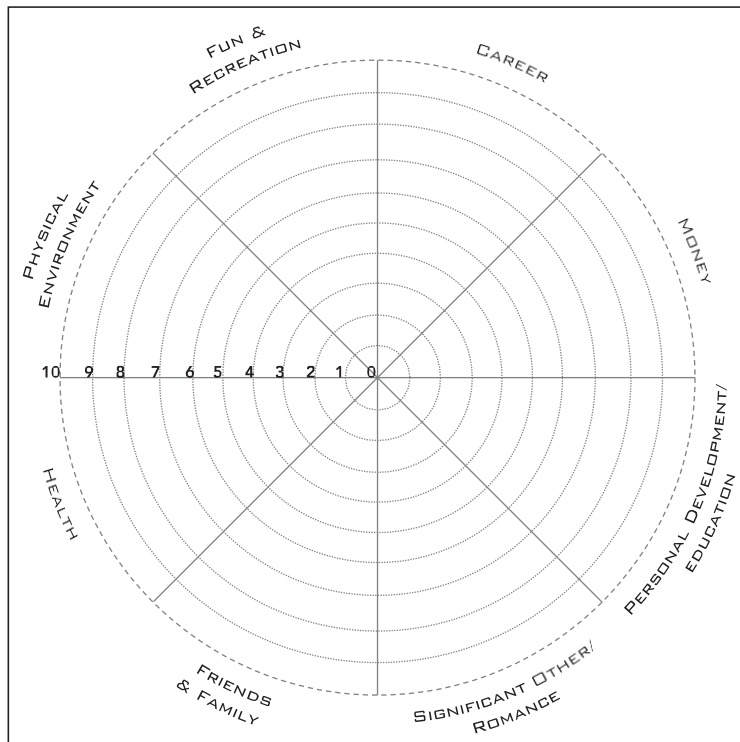
Now plot your ideal score on the Wheel.

What area on the wheel are you most wanting and willing to make a difference with?

What is the current state of this area in your life?

What is missing or not working for you in this area?

What would you like to create in this area?



#### SECTION 4 - ACTION:

*“Success is the sum product of the small seemingly insignificant achievements repeated over and over again.”* Don’t underestimate the impact of just a few small changes in your life. Success & failure is a slow process! We quite often get overwhelmed when we think of changing our lives, but we forget that the compound effect of just one small change can be HUGE in the long run.

The key thing is to just start by taking some action. Start small and build it up from there, but just take some action!!!! Imagine you could improve each area by just 10%. Just imagine the big impact it could have on your life.

Now use the columns below to write down just one action you can take in each area, and the impact that one action can have on your life.

| AREA OF YOUR LIFE    | 1 ACTION I CAN TAKE | THE POSITIVE IMPACT IT WILL HAVE 1 YEAR FROM NOW |
|----------------------|---------------------|--------------------------------------------------|
| CAREER               |                     |                                                  |
| FUN & RECREATION     |                     |                                                  |
| MONEY & FINANCES     |                     |                                                  |
| PHYSICAL ENVIRONMENT |                     |                                                  |

**THE WHEEL OF LIFE**  
Life Assessment Tool

|                    |  |  |
|--------------------|--|--|
| PERSONAL GROWTH    |  |  |
| HEALTH & WELLBEING |  |  |
| FRIENDS & FAMILY   |  |  |
| SIGNIFICANT OTHER  |  |  |

Now imagine that it is 12 months later, and you were disciplined in taking these actions, how much did your overall life improve?

*\*Write each action on your Wheel of life visual as a daily reminder to take the action.*

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