

The Wheel of Life

How to Use This Tool:

01. Read: start by reading all 8 segments and take some time to reflect on your current state in each of the segments. What are your strengths and weaknesses in each area. How do you describe your current situation.

02. Rate Your Current State: Rate your current state for each segment on a scale of 1 to 10, with 1 being "Very Poor" and 10 being "Excellent". Be honest with your self-assessment for the most valuable insights.

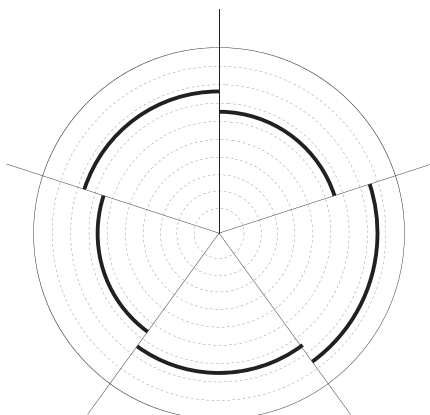
03. Draw Your Wheel: Connect your marks to form the outer edge of your Wheel of Life. This visual representation will provide a snapshot of your current situation in each segment.

04. Analyze Your Wheel: Look at the shape of your wheel. A perfectly balanced wheel would suggest a well-balanced life. An irregularly shaped wheel indicates areas where you are doing well and where there's room for improvement.

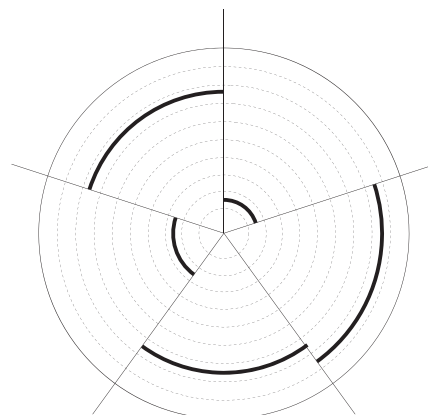
05. Create an Action Plan: Go to the next page and ask yourself the following questions for each segment of your Wheel of Life. 1. What are you thankful for. 2. Challenge/Frustration/Concern. 3. What action will lead to God-honoring results.

06. Regularly Review and Update: Revisit your Wheel of Life regularly, reassess your scores, and adjust your action plan as necessary. This will help you track your progress over time.

Example of a Well Balanced Wheel



Example of an Unbalanced Wheel



Draw your Wheel of Life:

Instructions:

01. Mark your score in each of the categories on the scale of 1 to 10.

Health: Reflects your physical and mental well-being, including fitness, energy levels, and emotional health.

Family: Focuses on the quality of relationships and time spent with family members.

Finance: Assesses financial stability, budgeting, and satisfaction with your financial state.

Relaxation: Evaluates your ability to rest, recharge, and enjoy leisure activities.

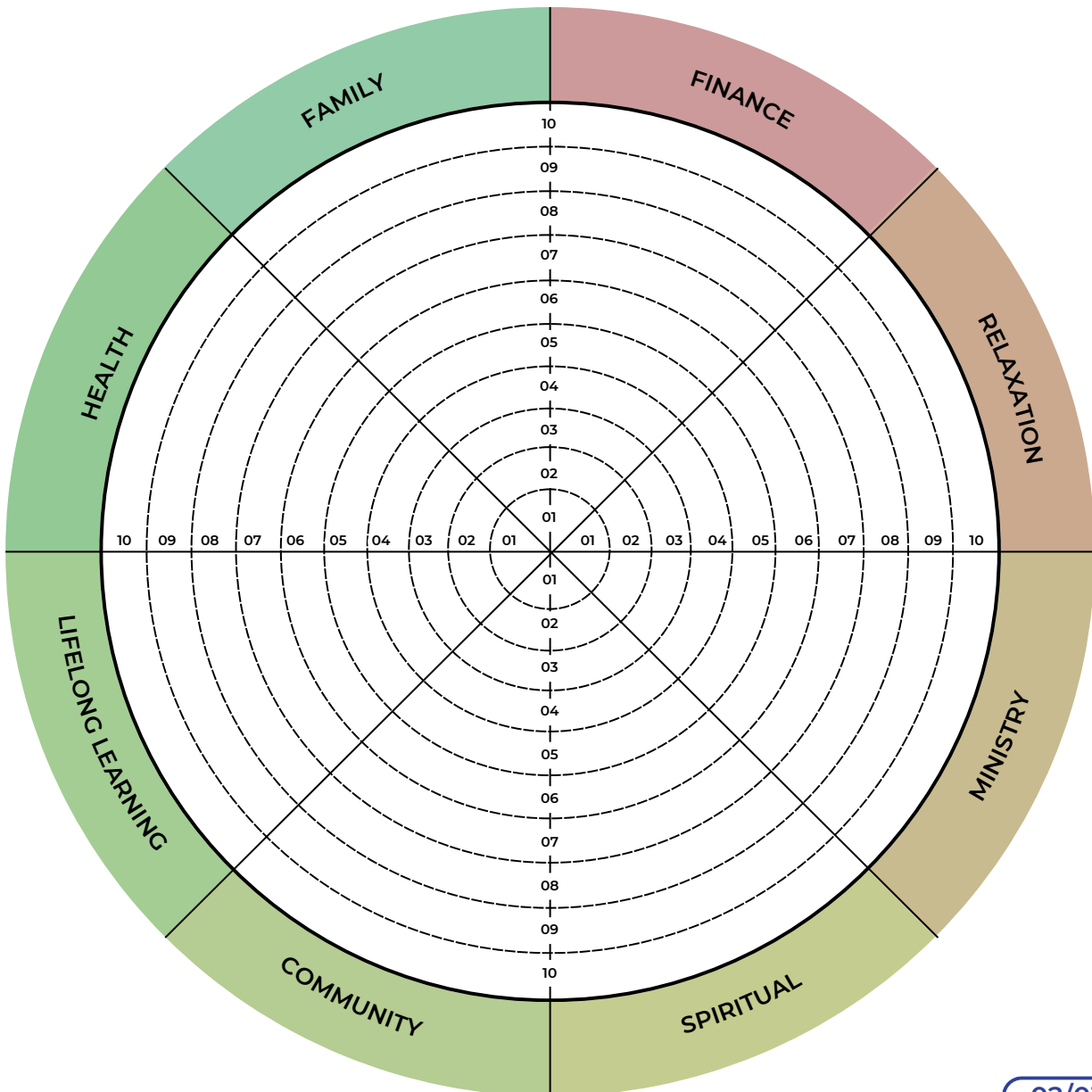
Lifelong Learning: Reflects commitment to personal growth through education and skill-building.

Spiritual: Evaluates your connection to your faith, spiritual practices, and relationship with God.

Community: Reflects relationships outside the family and contributions to the broader community.

Ministry: Assesses involvement and satisfaction with serving others and fulfilling your calling.

02. Use the worksheet on the next page to analyze your wheel.



Create an Action Plan:

HEALTH

What are you thankful for:

Challenge/Frustration/Concern:

What action will lead to God-honoring results:

FAMILY

What are you thankful for:

Challenge/Frustration/Concern:

What action will lead to God-honoring results:

FINANCE

What are you thankful for:

Challenge/Frustration/Concern:

What action will lead to God-honoring results:

RELAXATION

What are you thankful for:

Challenge/Frustration/Concern:

What action will lead to God-honoring results:

LIFELONG LEARNING

What are you thankful for:

Challenge/Frustration/Concern:

What action will lead to God-honoring results:

COMMUNITY

What are you thankful for:

Challenge/Frustration/Concern:

What action will lead to God-honoring results:

SPIRITUAL

What are you thankful for:

Challenge/Frustration/Concern:

What action will lead to God-honoring results:

MINISTRY

What are you thankful for:

Challenge/Frustration/Concern:

What action will lead to God-honoring results: