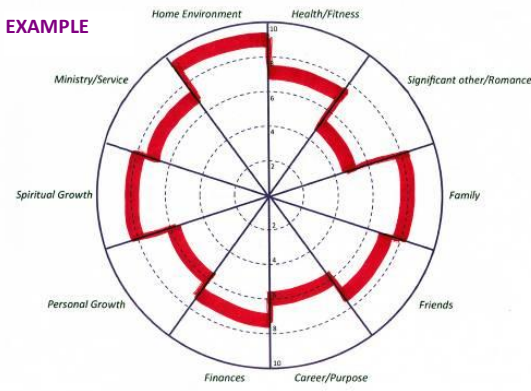
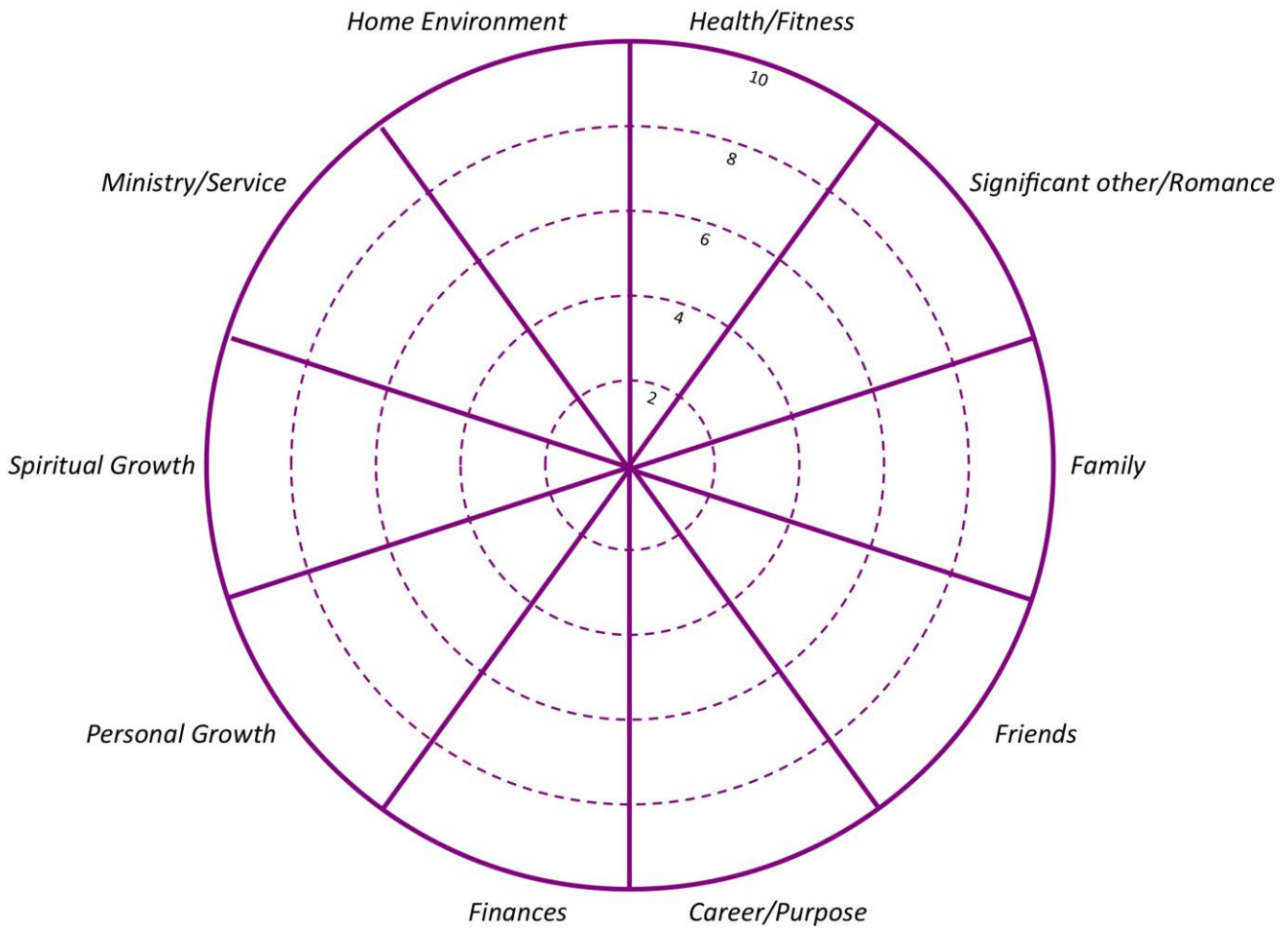


Life Wheel Assessment

The Life Wheel Assessment can be used in many ways: It can be used to discover areas that need growth, it can serve as a visual to help bring greater balance to life and it can serve as a framework for annual planning.

We are most deeply satisfied when our lives reflect what is most important to us. Rate your level of satisfaction in each area of life from zero (the center) to ten (the outer edge) and draw a curved line to create a new outer edge.

- | | | | |
|---------------------------|-------|------------------|-------|
| Health/Fitness | _____ | Finances | _____ |
| Significant Other/Romance | _____ | Personal Growth | _____ |
| Family | _____ | Spiritual Growth | _____ |
| Friends | _____ | Ministry/Service | _____ |
| Career/Purpose | _____ | Home Environment | _____ |



The reverent, worshipful fear of the Lord leads to life, and he who has it rests satisfied...

Proverbs 19:23 Amplified Version

Life Wheel Planning Page

After you have drawn your new outer circle, begin to plan steps for growth. Here are some questions to ask yourself...

What would a 10 look like for me?

What number am I now? What number could I be (realistically) by next month?

What has caused me to be stuck in this area?

What can propel me forward in this area?

What action steps will I commit to?

Who can support me as I take these new steps?

What structures can I put in place to ensure that I move forward?

Health/Fitness

Significant Other/Romance

Family

Friends

Career/Purpose

Finances

Personal Growth

Spiritual Growth

Ministry/Service

Home Environment