

The Wheel of Life Template

Score eight areas of your life, see where things are out of balance, and turn the biggest gap into a 90-day plan you can start this week.

A snapshot, not a verdict.

The wheel of life splits your life into eight areas. You score each one from 1 to 10 based on how satisfied you are right now, then shade the wheel. The lopsided shape that appears is the point: it shows you where your attention has gone, and where it has not.

Score fast. Give yourself about 30 seconds per area. Your first number is usually the honest one.

Score satisfaction, not achievement. A 10 is not "rich" or "perfect". It is "I would not change much here right now".

Do not try to fix all eight. The template asks you to pick two focus areas for the next 90 days. A perfectly round wheel is not the goal. A wheel that rolls a little better is.

SCORING GUIDE

What the numbers mean

1-3

Draining. I avoid thinking about this area.

4-6

Getting by. Fine on paper, not how I want it.

7-8

Good. Small changes would make it great.

9-10

Thriving. I would not change much right now.

What is inside: the wheel (page 3), reflection prompts for each area (page 4), a now vs want wheel and gap table (page 5), a two-area action plan (page 6), and a re-score tracker for the next 12 months (page 7).

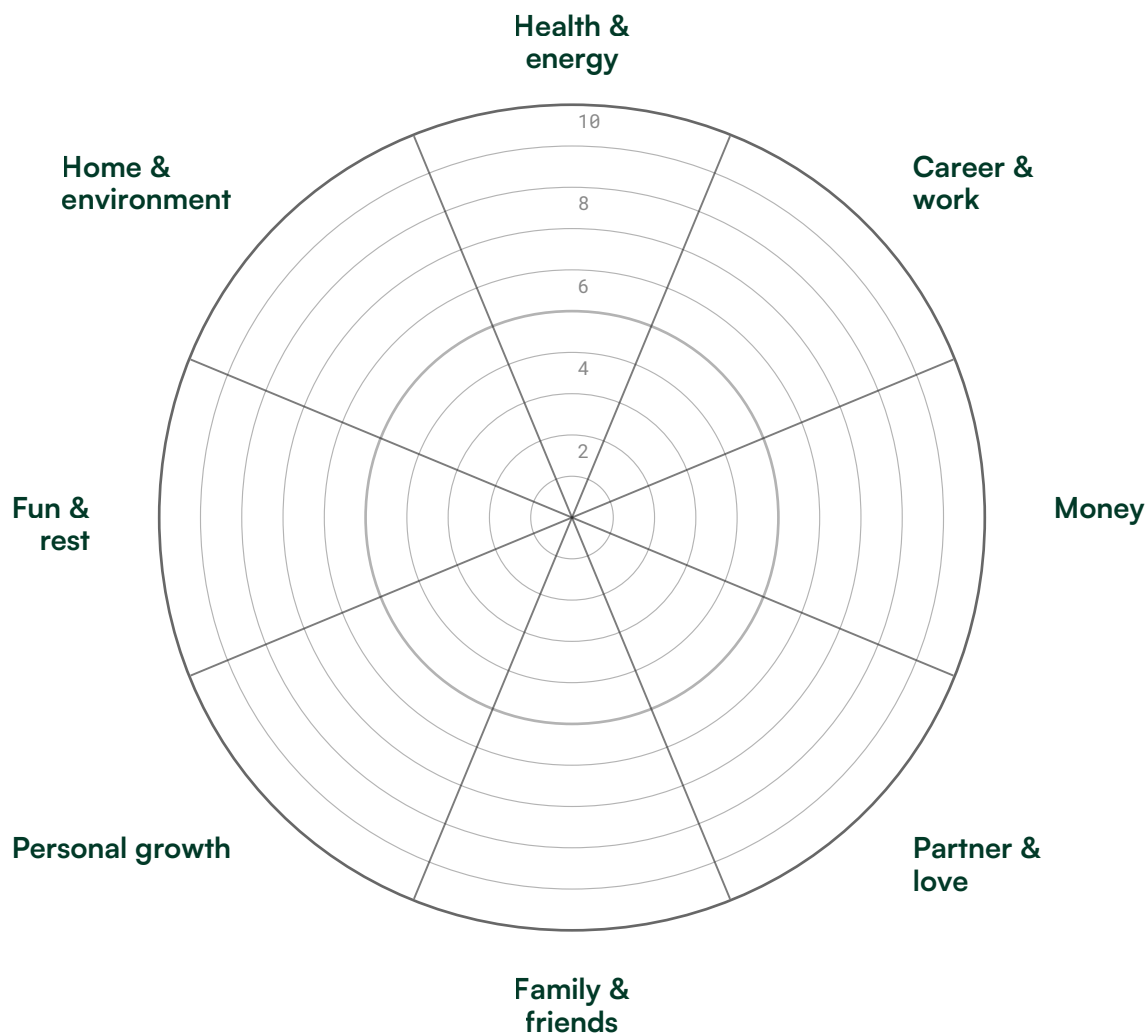
PRINT TIP

Print page 3 twice: once now, once when you re-score in three months. Laying the two side by side is the most motivating part of the whole exercise.

STEP 1

Score and shade your wheel

Mark your score on each spoke (centre is 0, outer ring is 10), then shade the segment up to that ring.



Date

First reaction

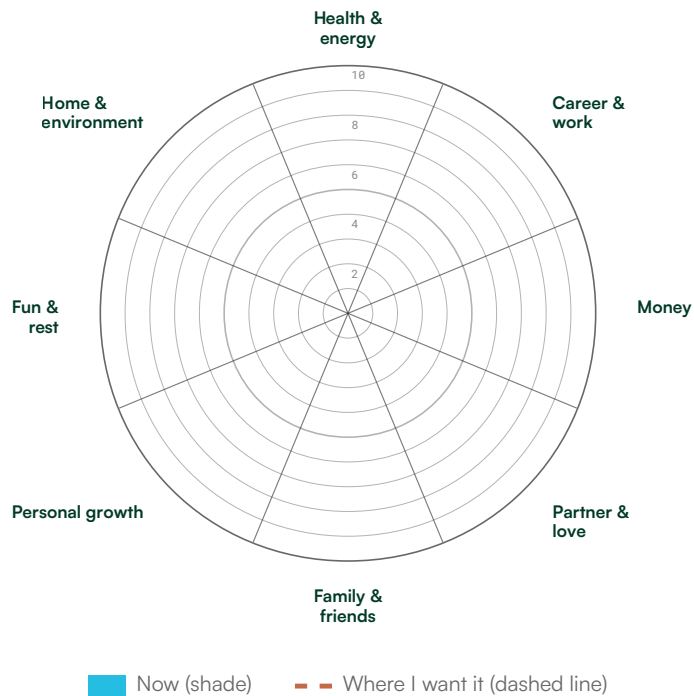
STEP 2

Reflect on each area

For every score, note what is already working (so you keep it) and what one point higher would look like in real life. Not a 10, just one point.

HEALTH & ENERGY SCORE ___ / 10 What is working One point higher looks like	CAREER & WORK SCORE ___ / 10 What is working One point higher looks like
MONEY SCORE ___ / 10 What is working One point higher looks like	PARTNER & LOVE SCORE ___ / 10 What is working One point higher looks like
FAMILY & FRIENDS SCORE ___ / 10 What is working One point higher looks like	PERSONAL GROWTH SCORE ___ / 10 What is working One point higher looks like
FUN & REST SCORE ___ / 10 What is working One point higher looks like	HOME & ENVIRONMENT SCORE ___ / 10 What is working One point higher looks like

Where you are vs where you want to be



AREA	NOW	WANT	GAP	FOCUS (PICK 2)
Health & energy				
Career & work				
Money				
Partner & love				
Family & friends				
Personal growth				
Fun & rest				
Home & environment				

HOW TO PICK TWO

Biggest gap is a good start, but also ask which area would lift the others. Better sleep often lifts health, work and mood at once. Pick the two that give you the most for the least.

90-day action plan

Two focus areas. You do not have to close the whole gap in 90 days: aim for one point higher each, with a first step small enough to start this week.

FOCUS AREA 1

Area

Score move (now to next)

One point higher looks like

Goal (specific + date)

First step this week

Weekly habit

If this gets in the way, then...

FOCUS AREA 2

Area

Score move (now to next)

One point higher looks like

Goal (specific + date)

First step this week

Weekly habit

If this gets in the way, then...

STEP 5

Re-score every three months

Same eight areas, same honest 30 seconds each. Watch the total and the two areas you chose.

AREA	START	+3 MONTHS	+6 MONTHS	+9 MONTHS	+12 MONTHS
Health & energy					
Career & work					
Money					
Partner & love					
Family & friends					
Personal growth					
Fun & rest					
Home & environment					
Total (out of 80)					
What moved most					
Next two focus areas					

SCORES THAT DROP ARE DATA

A lower score after a hard quarter is not failure. It tells you where to point the next 90 days.