

The Wheel of Life Template Example

A completed version of the template, filled in the way we recommend, so you can see how a score turns into two focus areas and a plan.

COMPLETED EXAMPLE

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).

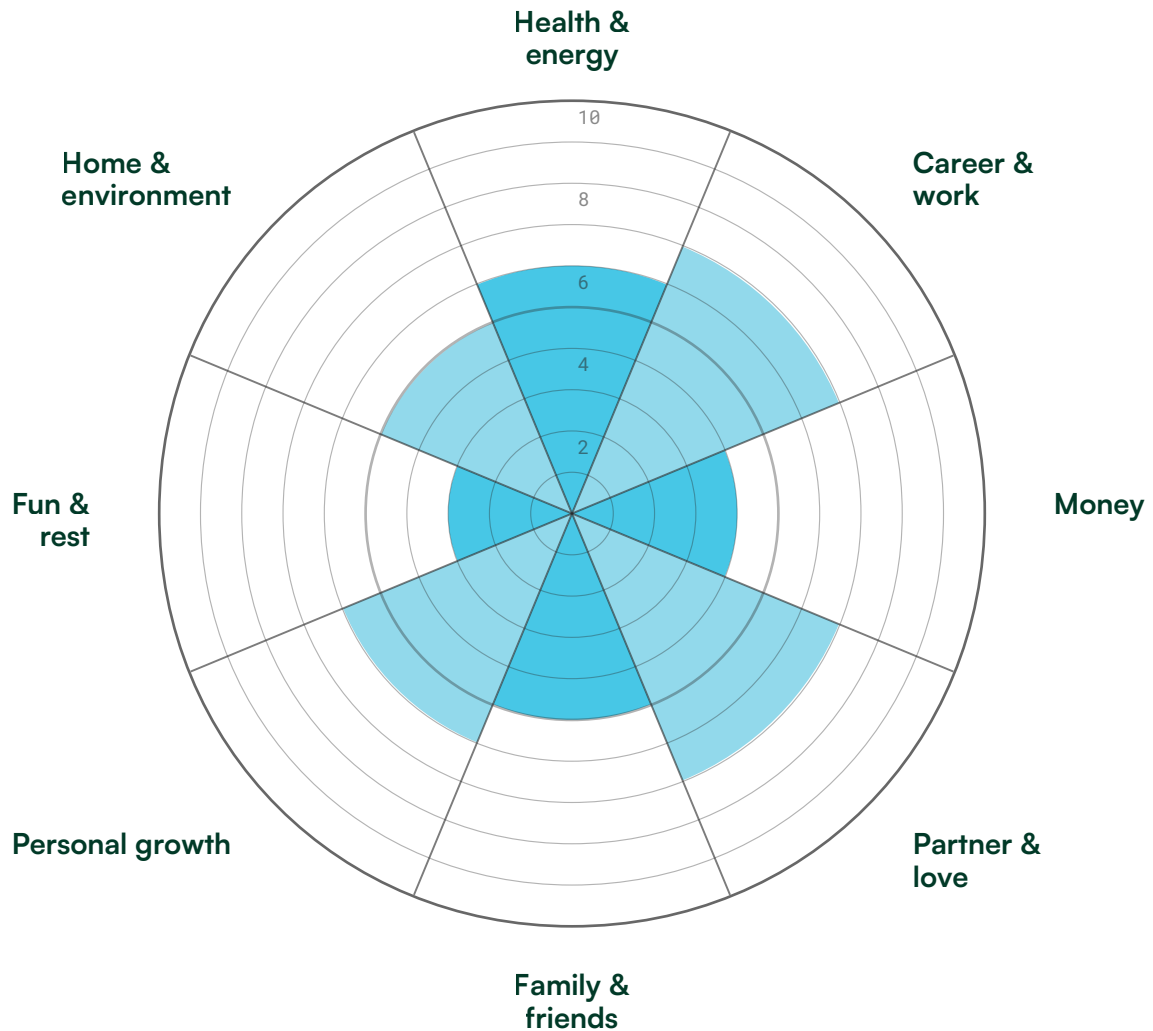
PRINT TIP

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 *September 28*

First reaction *Fun and money are dragging everything else*

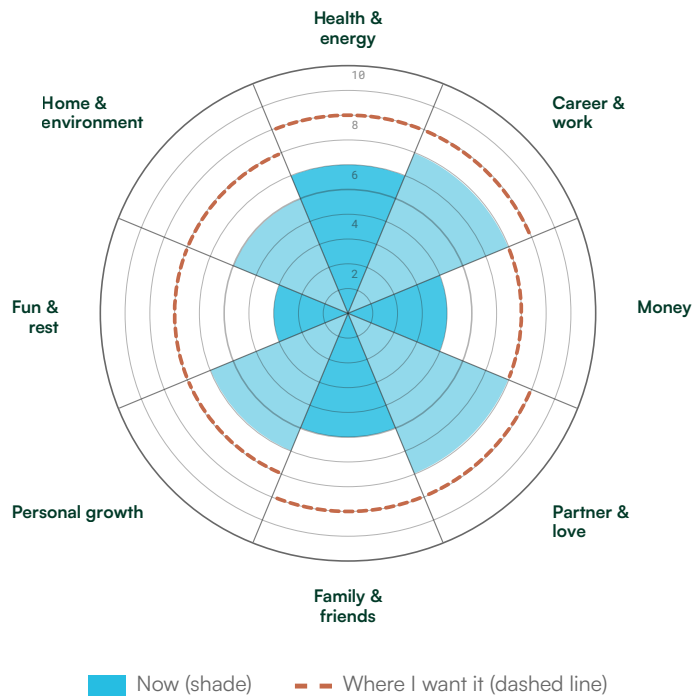
STEP 2

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 6 / 10 What is working <i>Walk most days, sleep is OK</i> One point higher looks like <i>Strength training twice a week</i>	CAREER & WORK SCORE 7 / 10 What is working <i>Good team, work I am proud of</i> One point higher looks like <i>Leave on time 4 days a week</i>
MONEY SCORE 4 / 10 What is working <i>Bills paid, no card debt</i> One point higher looks like <i>An emergency fund that is real</i>	PARTNER & LOVE SCORE 7 / 10 What is working <i>We still laugh a lot</i> One point higher looks like <i>A proper date night every month</i>
FAMILY & FRIENDS SCORE 5 / 10 What is working <i>Group chat is alive</i> One point higher looks like <i>See a friend in person weekly</i>	PERSONAL GROWTH SCORE 6 / 10 What is working <i>Reading again</i> One point higher looks like <i>Finish the Spanish course</i>
FUN & REST SCORE 3 / 10 What is working <i>Saturdays are free, sort of</i> One point higher looks like <i>One hobby that is just for me</i>	HOME & ENVIRONMENT SCORE 5 / 10 What is working <i>Kitchen works well</i> One point higher looks like <i>Clear the spare room</i>

Where you are vs where you want to be



AREA	NOW	WANT	GAP	FOCUS (PICK 2)
Health & energy	6	8	2	
Career & work	7	8	1	
Money	4	7	3	✓
Partner & love	7	8	1	
Family & friends	5	8	3	
Personal growth	6	7	1	
Fun & rest	3	7	4	✓
Home & environment	5	7	2	

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.

STEP 4

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	<i>Fun & rest</i>
Score move (now to next)	<i>3 to 4</i>
One point higher looks like	<i>Pottery class, one evening a week</i>
Goal (specific + date)	<i>Finish a 6-week beginner pottery course by Dec 15</i>
First step this week	<i>Email the studio and pay the deposit</i>
Weekly habit	<i>Tuesday 7pm class, phone off</i>
If this gets in the way, then...	<i>If work runs late, I still leave at 6:15</i>

FOCUS AREA 2

Area	<i>Money</i>
Score move (now to next)	<i>4 to 5</i>
One point higher looks like	<i>One month of costs saved</i>
Goal (specific + date)	<i>\$2,400 in a separate savings account by Dec 31</i>
First step this week	<i>Open the account, set a \$200 auto-transfer on payday</i>
Weekly habit	<i>Sunday 10-minute money check</i>
If this gets in the way, then...	<i>If I overspend, I skip one takeaway, not the transfer</i>

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	6	6	7		
Career & work	7	7	7		
Money	4	5	6		
Partner & love	7	8	7		
Family & friends	5	6	6		
Personal growth	6	6	7		
Fun & rest	3	5	6		
Home & environment	5	5	6		
Total (out of 80)	43	48	52		

What moved most *Fun, from 3 to 6. The class was the whole difference*

Next two focus areas *Home and Health*

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.