evolution
Personal and Corporate Development

Wheel of Life

Your Personalised Life Balance Assessment

- The Wheel of Life is a great tool for achieving a balanced life: one where you have time for the things you enjoy, are fulfilled by your work, and feel secure financially.

- To improve your life balance, you need to know where you are - and where you want to be. This exercise will help you work that out, so that you're ready to work towards a balance that makes you happy.

- You can either print out and complete the Wheel of Life by hand, or complete the assessment on your computer by filling in your answers on the next page.

- You can find out more about life balance in our short online course: it's just 30 minutes long, and will walk you through this exercise as well as a few other useful tools for finding a good life balance.

Take the online short course

Instructions

- To complete the assessment by hand, print out this PDF. Go round the wheel and mark on each spoke where you feel you are currently: how satisfied you are with your career, health, relationships etc with 1 being really dissatisfied and 10 being completely happy. Connect each mark together. Then repeat the exercise for where you **want** to be. Connect each of those marks together: you should have two outlines, one inside the other. The points where the inner and outer outlines are furthest away are the areas where you need to work on to get your life back into balance.

- To complete the assessment on your computer: fill out the form on the third page, again giving yourself a mark out of 10 (1 being really dissatisfied, 10 being completely happy) for each area, then repeating the exercise for where you want to be. The areas where your 'gap' is highest are the areas you need to work on to get back into balance.

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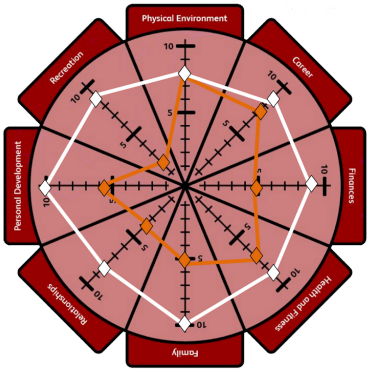
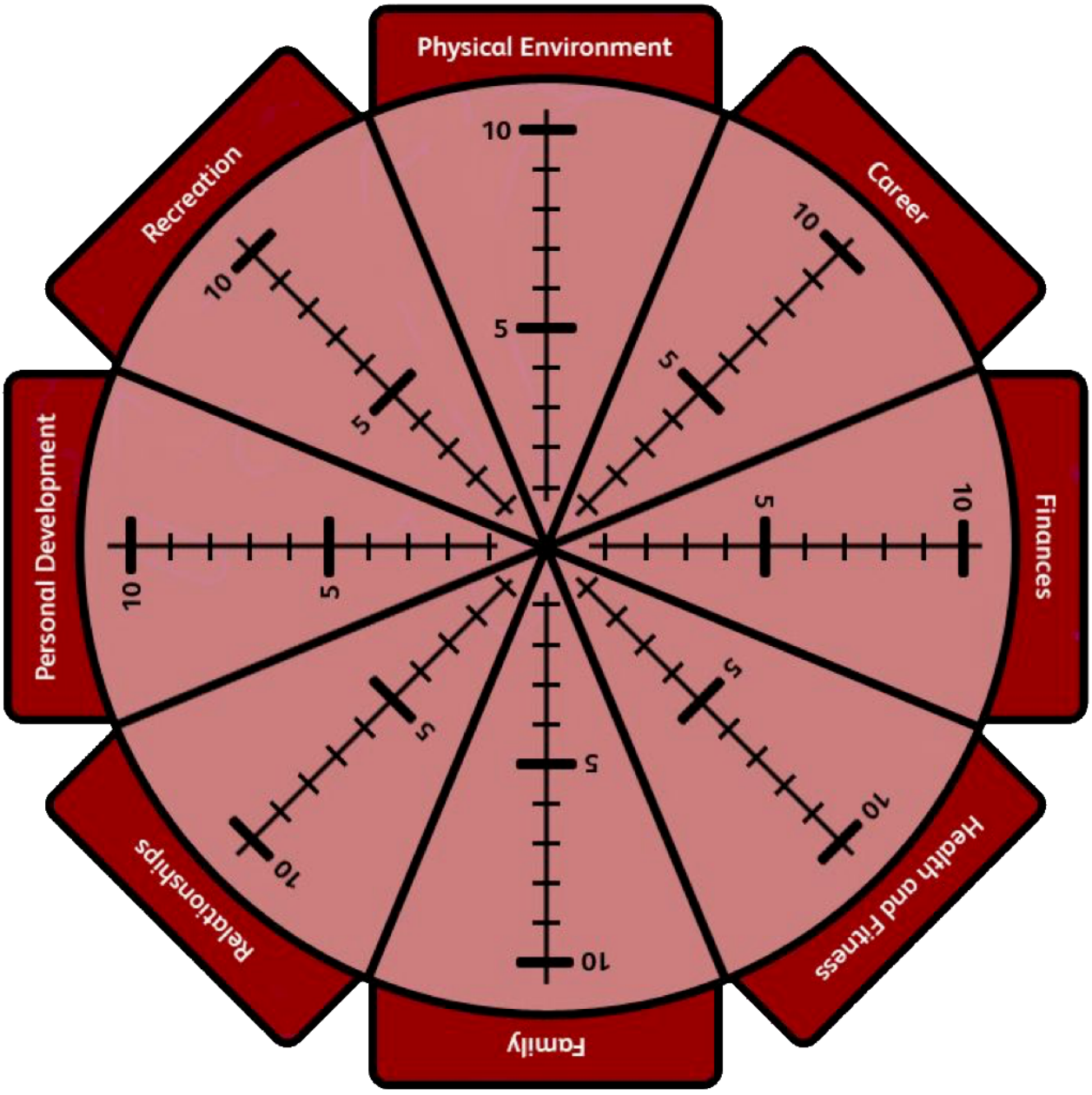
Print Version



Example



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Digital Version

	WHERE YOU ARE NOW	WHERYOU WANT TO BE	YOUR GAP
CAREER How happy are you with your work? Are you fulfilled? Do you feel challenged? Are you satisfied with the work you do?			0
FINANCES Do you feel financially secure? Are you earning enough to live comfortably and plan for the future?			0
HEALTH AND FITNESS Do you feel healthy? Are you getting enough sleep, and time to exercise?			0
FAMILY Do you have enough time to spend with family? How important is family to you?			0
RELATIONSHIPS Your score indicates that, although you may not always feel at the mercy of events, you would in fact benefit significantly from developing			0
PERSONAL DEVELOPMENT Do you feel that you have opportunities for personal growth in your life? Are you learning new things?	3	5	0
RECREATION Do you have time outside of work to do the things you enjoy, like sports, seeing friends, and relaxing?			0
PHYSICAL ENVIRONMENT How happy are you with the places you live and work? Are your surroundings comfortbale? Would you change anything?			0

Please note: the interactive PDF is not compatible with the Preview application for Mac, but can be edited using any other PDF reader or your browser. Alternatively, print it out and fill it in, or write down your answers and add them up to get your score.