

Wheel of Life Assessment Worksheet

| | Life Area | Current Satisfaction (1-10) | Ideal Satisfaction (1-10) | Action Steps to Improve |
|----------|---------------------|------------------------------------|----------------------------------|--------------------------------|
| 1 | Career | | | |
| 2 | Financial | | | |
| 3 | Spiritual | | | |
| 4 | Physical | | | |
| 5 | Intellectual | | | |
| 6 | Family | | | |
| 7 | Social | | | |