

Balance of life wheel tool

The Wheel of Life was created by Paul J. Meyer to help people achieve transformation through goals but assessing their level of satisfaction in their lives.

By selecting key areas of your life, you score these from 1 (low) to 10 (high) with how satisfied you are. You then reflect upon your scores, using these to inform areas that are thriving and areas that might need development.

After completing your wheel, questions to ask yourself are

- What do I notice?
- What's going well and why?
- For those areas that are much lower, what would a 10 look like?
- Which of these feels most important to me?
- What's one small thing or step I can take to improve specific areas?

Source: <https://positivepsychology.com/wheel-of-life-coaching/>

