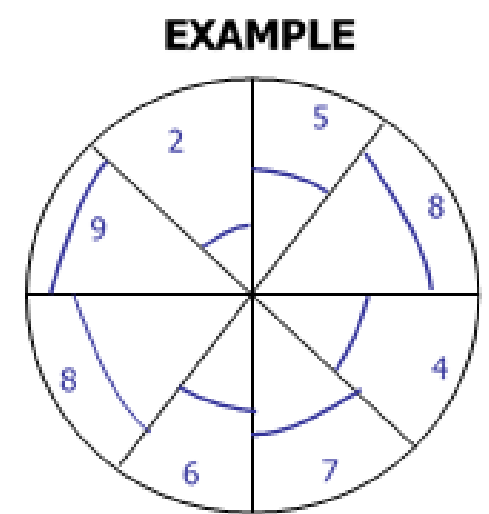
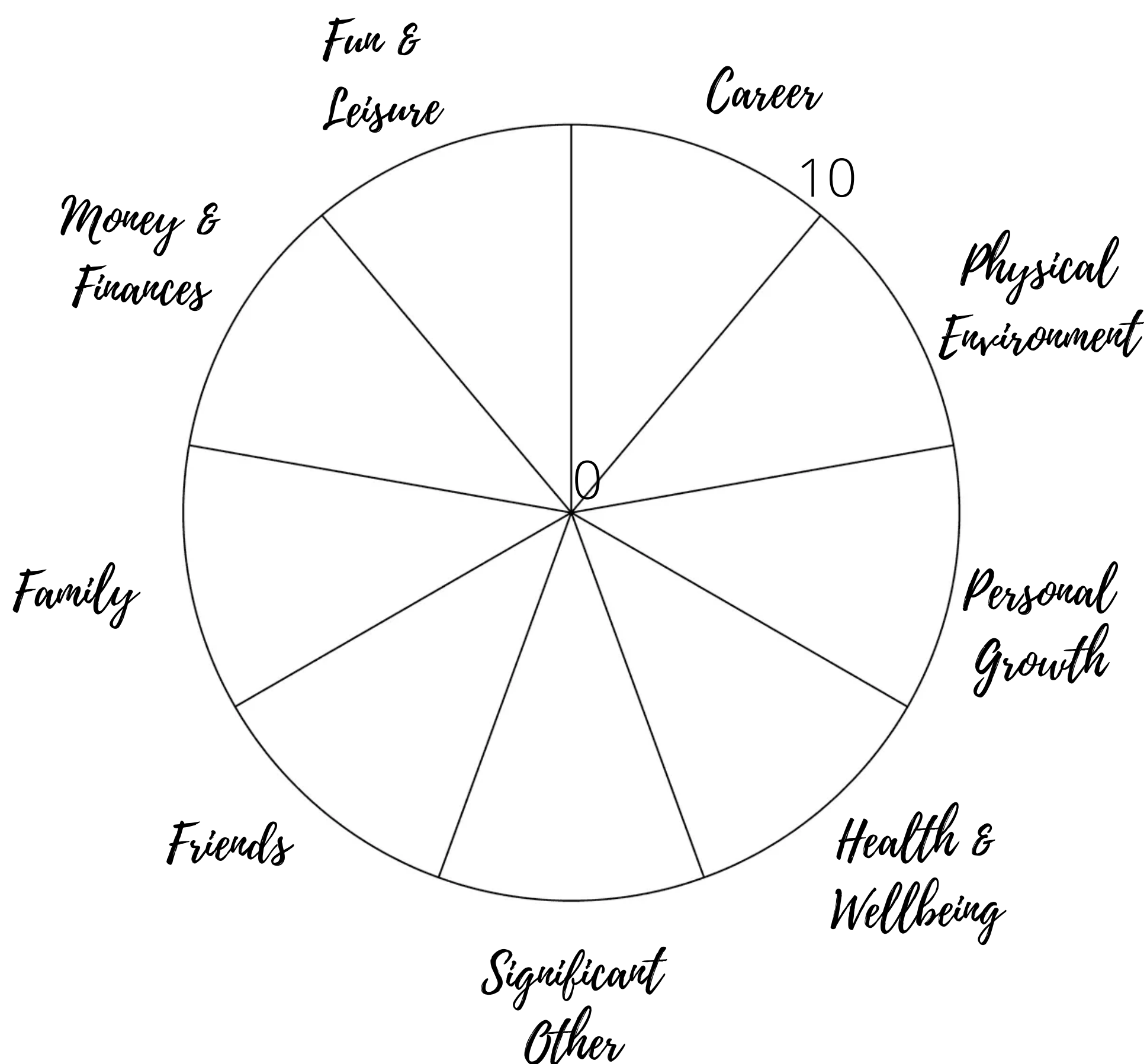


Personal Assessment Wheel

This assessment contains 9 areas that together, represent your whole life. It measures how satisfied you are in each of those areas.

1. Think about what success or satisfaction would feel like for each area and rank your level of satisfaction with each area of your life by drawing a line across each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied you are currently with each category.



· Draw a line and write the score alongside (see example above)

IMPORTANT:
Use the **FIRST** number (score) that pops into your head, not the number you think it should be!

2. Look at the new perimeter of your drawn circle...is it a bumpy ride?!

3. Answer the following questions...

- Are there any surprises for you?
- How do you feel about your life as you look at your Wheel?
- How do you currently spend time in these areas? How would you like to spend time in these areas?
- What would make that a score of 10?
- What would a score of 10 look like?
- Which of these categories would you most like to improve?
- How could you make space for these changes in your life?
- What help and support might you need from others to make changes and be more satisfied with your life?
- What change should you make first? And what change do you want to make first?
- If there was one key action you could take that would begin to bring everything into balance, what would it be?

4. Taking action! Identify one action for each area, and then pick 1-3 actions to get started *or* Choose the 3 areas you most want to work on and identify an action for each.

Career

- Do you love your work?
- Do you get to use your talents and skills in the job that you do?
- Do you enjoy the work environment and the people you work with?
- Is there opportunity for growth and development in your job?
- Do you feel like you're in the right job for you?

Fun & leisure

- Do you regularly take the time to play and have fun?
- Do you even know which activities renew you and bring you joy, and if so, do you actually do them regularly?
- Do you carve any time out in your diary to have fun and relax?
- Do you know how to create fun for yourself?

Money & Finances

- Do you have enough money to do and have the things you want in life?
- Do you manage your money and financial affairs well?
- Are you free from the worry of money?
- Does your financial future feel stable or unsteady?

Physical Environment

- Do you feel supported and nourished by your home?
- Are you surrounded by things you love that have meaning to you?
- Do you have a satisfying level of order in your surroundings?
- Is your wardrobe a clear expression of who you are?

Personal Growth

- Does your belief system sustain you no matter what life throws your way?
- Are you engaged in the unfolding of your own life and loving the adventure?
- Do you regularly experience living a life that you love and love who you are becoming?
- Do you regularly engage in activities and learning that grow and expand you?

Health & Wellbeing

- Are you satisfied with your level of vitality and wellbeing?
- Do you have support systems in place that allow you to easily maintain your health and wellbeing?
- Are you conscious of your body and fitness level and do you take responsibility for it?
- Do you know what works for you to maintain your physical health and do you consistently do it?

Friends

- Do you have a good number of friends?
- Do your friendships nourish and sustain you?
- Are you a good friend and do you make yourself available for your friendships?
- Do you trust the relationships that you have with your friends?
- Do you love and make the most of the time you spend with friends?

Family

- Are you satisfied with the level of contact you have with your family?
- Do you ever hide things or aspects of yourself from your family members?
- Are you satisfied with the role that you play and the level of contribution you have in your family?
- Do you experience family life as being a positive experience?

Significant Other

- Are you open to creating an intimate loving relationship?
- Are you free from past resentments or blame in the area of intimate relationships?
- Are you willing to risk yourself for the sake of intimacy?
- Do you create romance in your life?