

Wheel of Life Assessment

STEP 1. Self Assessment.

Read the following and determine how true each statement is for you at this point in your life. Answer each question by selecting the percentage that best describes you. (100 = all of the time, 10= 10% of the time etc.)

For each question, write the number that determines how true each statement is for you. You must answer ALL questions for the test to be accurate.

1.	I have several close friends	
2.	I meditate/pray daily.	
3.	I exercise vigorously each day.	
4.	I enjoy time spent with family.	
5.	I have set financial goals.	
6.	I am satisfied with my career.	
7.	I am involved in the community.	
8.	I enjoy reading books.	
9.	I make friends easily.	
10.	I have established spiritual goals.	
11.	I eat nutritious foods.	
12.	I write/call members of the family.	
13.	I am earning the income I want.	
14.	I am involved in creative work.	
15.	I belong to community associations.	
16.	I attend seminars, take courses.	
17.	I enjoy socializing.	
18.	I attend church/synagogue/etc.	
19.	I participate regularly in sports.	
20.	I enjoy family reunions/gatherings.	
21.	I have a savings/investment plan.	
22.	I have reached professional goals.	
23.	I volunteer for community projects.	
24.	I listen to learning programs.	

Source:

Women's Business Center

www.onlinewbc.gov/docs/manage/lifewheel.html

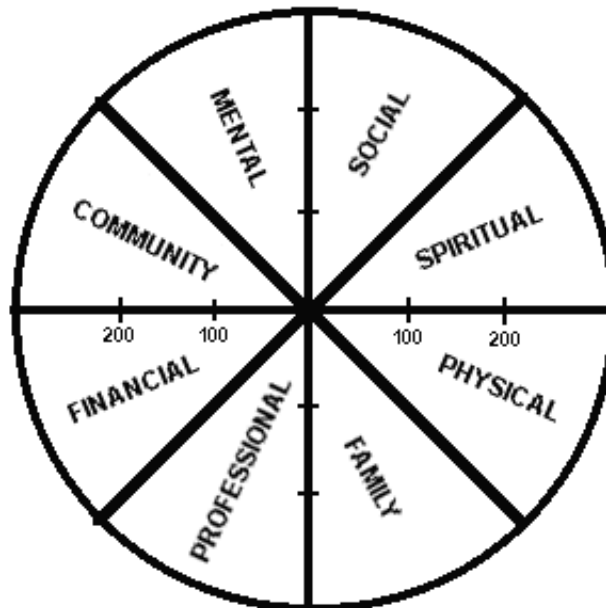
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STEP 2.

Tally up your score using the **Balanced Life Chart**.

STEP 3.

Plot your scores on the **Wheel of Life**



SOCIAL:

(ADD Questions 1 + 9 + 17)

FINANCIAL:

(ADD Questions 5 + 13 + 21)

SPIRITUAL:

(ADD Questions 2 + 10 + 18)

PROFESSIONAL:

(ADD Questions 6 + 14 + 22)

PHYSICAL:

(ADD Questions 3 + 11 + 19)

COMMUNITY:

(ADD Questions 7 + 15 + 23)

FAMILY:

(ADD Questions 4 + 12 + 20)

MENTAL:

(ADD Questions 8 + 16 + 24)
