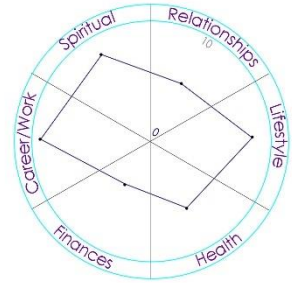


## How's Life?

Use this simple *Wheel of Life* tool to assess how satisfied you are with the different areas of your life. Take a look at the example to the right to see how to fill yours out. Basically, you put a dot to signify your satisfaction level for each section. 0 signifying that area isn't at all how you'd like it and 10 signifying that part of your life is amazing and just the way you want it. Likely you'll chose some number between 0 and 10 for most of your sections. Then you can join the dots.



### Here's a bit of direction for each section:

**Relationships** – How do you feel about the relationships you have? Are you as close as you want to be? Do you have the relationships you want?

**Lifestyle** – We're talking about hobbies, personal pursuits, where you live, how you live....

**Health** – Are you getting the exercise you need, the right nutrition, how's your mental health?

**Finances** – Don't gauge this one on how much money you have, but how well do you manage your finances. Do you know your money situation? Do you have a lot of debt to deal with?

**Career/Work** – How satisfied are you with the work you're doing? Are you in the right career? What do you do that uses your God-given gifts and impacts other peoples lives. This doesn't have to be a big impact, but something that you do that makes others lives better. So much that could be relevant for this area – not just paid work.

**Spiritual** – How's your relationship with God? Are you regularly doing things to nurture your spiritual self?

