

Life Satisfaction & Life Balance

How satisfied are you with your life currently? On a scale of 1 to 10; 1 being the least satisfied and 10 being the most satisfying. How would you rate each area of your life? Please rate your current level of satisfaction with each of the following areas of your life. Place a number from 1 to 10 in the box next to each item: a **“1” score means** “entirely unacceptable to me in its current state”, a **“10” score means** “I couldn’t be happier with this”. Enter **“N/A”** for any that do not apply. Although these areas will vary from time to time, please give your best overall assessment of how content or pleased you are with each one at this point in your life.

Personal Spiritual Life and Growth	_____
Church/Religious Life	_____
Physical Health	_____
Marriage/Romantic Relationship	_____
Home Life (Family Cohesion – How the Family “Works”)	_____
Personal Order (Organization, Efficiency, Simplicity)	_____
Extended Family Relationships (Relatives, In-Laws)	_____
Friends/Social Life	_____
Fun and Recreation/Hobbies	_____
Financial Stability	_____
Physical Environment (Home, Cars, Neighborhood, etc.)	_____
Career/Employment	_____

Describe your ideal day. What would that day be like or look like?

Now describe what an ideal life would be like in the areas that you scored lowest in on the Balance Test.

What are you tolerating and what is draining your energy?

Home: *What is draining your energy? What do you need to de-clutter this area?*

1. _____
2. _____
3. _____
4. _____

Mental: *What kind of negative thinking preoccupies your thoughts?*

3. _____
4. _____
3. _____

4. _____

Emotional: *What is robbing you of joy? What is zapping your energy?*

1. _____

2. _____

3. _____

4. _____

Relational: *What relationships are toxic to you and draining you of energy?*

1. _____

2. _____

3. _____

4. _____

Spiritual: *What is cluttering your walk with God? Lack of time? Anger or forgiveness issues?*

1. _____

2. _____

3. _____

4. _____

Needs:

What about your needs? What are three of your most pressing needs right now?

1. _____
2. _____
3. _____

If you could make one change in one area, what would it be? If you could pick one thing to experience some real change or movement in the next 30 days, what area of your life would that be? What would be your first small step if you were to think of a one degree change?

The Wheel is a simple but powerful tool designed to help you get a graphical representation of the present balance between different areas regarding your life and identify which will most benefit you by improving.

The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by filling in that piece of the pie to that level.

You can use the 10 categories in this sample or determine the 6 to 12 most important categories in your life and create your own wheel.

Use the questions about to help guide you and to help you determine how you would rate each life area on a scale of 1 to 10.

Wheel of Life

