Follow the following instructions to get your Wheel of Life ready in 2 minutes.

- Think about each category and assign a score to it based on the level of satisfaction you derive from that category. Each sector has been broken into ten sections, the outermost being level 10 and the section closest to the center being level 1—color or shade the sector up to the level of satisfaction that you identified in the above step. (Using a unique color for each sector can make your Wheel of Life more visually pleasing and fun to work on)
  E.g., If you rate your health a 6 out of 10, you'll color six sections in the Health sector.

- Repeat the above step for all the sectors.

- Once all the sectors of the circle are shaded depending on their satisfaction from each, using a marker or a thick pencil, draw an outline of the shaded area. The circumference of the shaded area is your wheel of Life.
The Wheel of Life is the perfect tool for laying out one’s life in a visual manner. This helps identify the areas of life that are pulling the life back and are the cause of a life of compromise.

The Wheel of Life is divided into eight key aspects of your life. The right balance between these aspects ensures that your life is progressing in the right direction.

To populate the Wheel of Life, you need to shade each sector depending on the level of satisfaction you derive from it. Each sector has ten labeled sections. One being the lowest and 10 being the highest level of satisfaction derived from a particular aspect.

How to Assign a Score to your Life

Your ideal Wheel of Life must strike the right balance between health, career, love, spirituality, family, money, fun, and friends.

Life is a subjective thing, and assigning an objective score to it can be a confusing task. To assign the most appropriate score, distance yourself from social media for some time and make sure your mind is relaxed and is focused. Imagine each aspect and think of what is missing that you can currently add to it. Bear in mind that the Wheel of Life is about how your life is right now and not what you want it to be. So, you'll be rating your aspects on the current level of satisfaction that you’re deriving from each aspect in the present. You might want a Rolls Royce and a Villa, but that's out of the question when solving your Wheel of Life; it reflects your contentment with what “is” and not what “you wanted it to be”.

If your health is not the best these days and you think there can be improvements by making slight adjustments, you’ll be able to assign a percentage of contentment with the aspect of life, say 60%. This means you’ll be shading six sections on the Health sector, starting from the center and working your way outward. All eight sectors need to be filled in the same manner.

If you’re unsure, we recommend you to use our tailored Wheel of Life tool at https://drewaversa.com/wheel-of-life