



**SUPERHUMAN
ACADEMY**

Creating A Meaningful Life

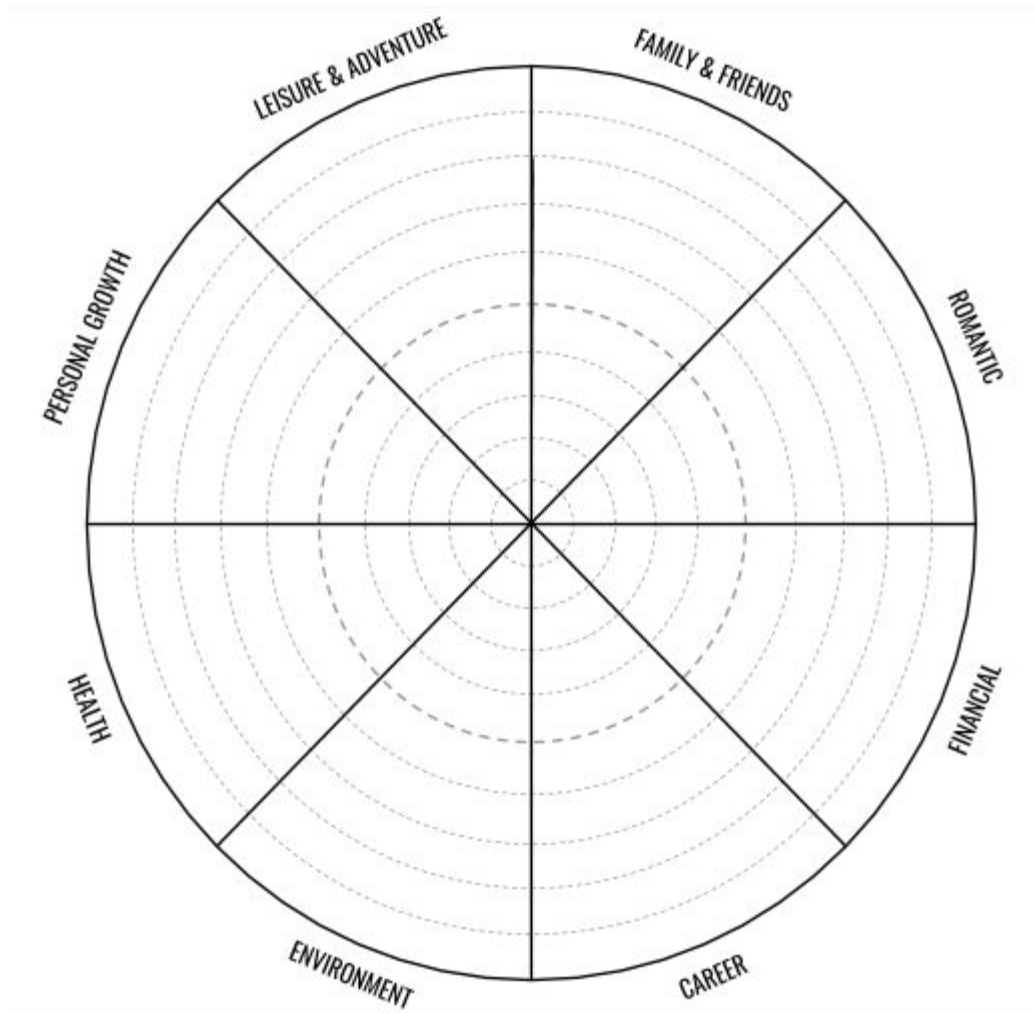
And Developing Habits of Happiness



Wheel of Life Worksheet

The “Wheel of Life” is a powerful exercise for checking in with yourself and seeing how balanced your life is, and where you should be prioritizing your efforts. You can also see where you should be grouping tasks together to take advantage of the “good” kind of multitasking. For example, if both your fitness and your fun and adventure sections are lacking, you can sign up for an extreme sports class instead of just going to the gym.

INSTRUCTIONS: COLOR IN EACH SECTION OF THE WHEEL OF LIFE TO REFLECT YOUR LEVEL OF SATISFACTION ON A SCALE OF 1-10. COMPLETE THE FOLLOWING QUESTIONS BASED ON WHAT THE EXERCISE HELPS YOU DETERMINE.



A circular "Wheel of Life" worksheet divided into eight equal segments. The segments are labeled as follows, starting from the top and moving clockwise: LEISURE & ADVENTURE, FAMILY & FRIENDS, ROMANTIC, FINANCIAL, CAREER, ENVIRONMENT, HEALTH, and PERSONAL GROWTH. Each segment contains five concentric dashed lines, representing a scale from 1 (center) to 10 (outer edge). The wheel is currently blank, intended for coloring and marking satisfaction levels.

1. Which areas of your life are you currently the most satisfied with or the strongest in? Why?

2. Which areas of your life are you currently the least satisfied with or the weakest in? Why?

3. Does any of this come as a surprise to you? Why or why not?

4. Is it possible that some of your weaker areas are caused by over-emphasis placed on your stronger areas? Do you feel that there has been a “tradeoff” so to speak? If so, how?

5. At first glance, what changes could you make in your life that benefit 2 or more sections in your wheel of life? Which sections will you focus on grouping together to create balance, either by growing weak sections or by de-prioritizing strong sections?
