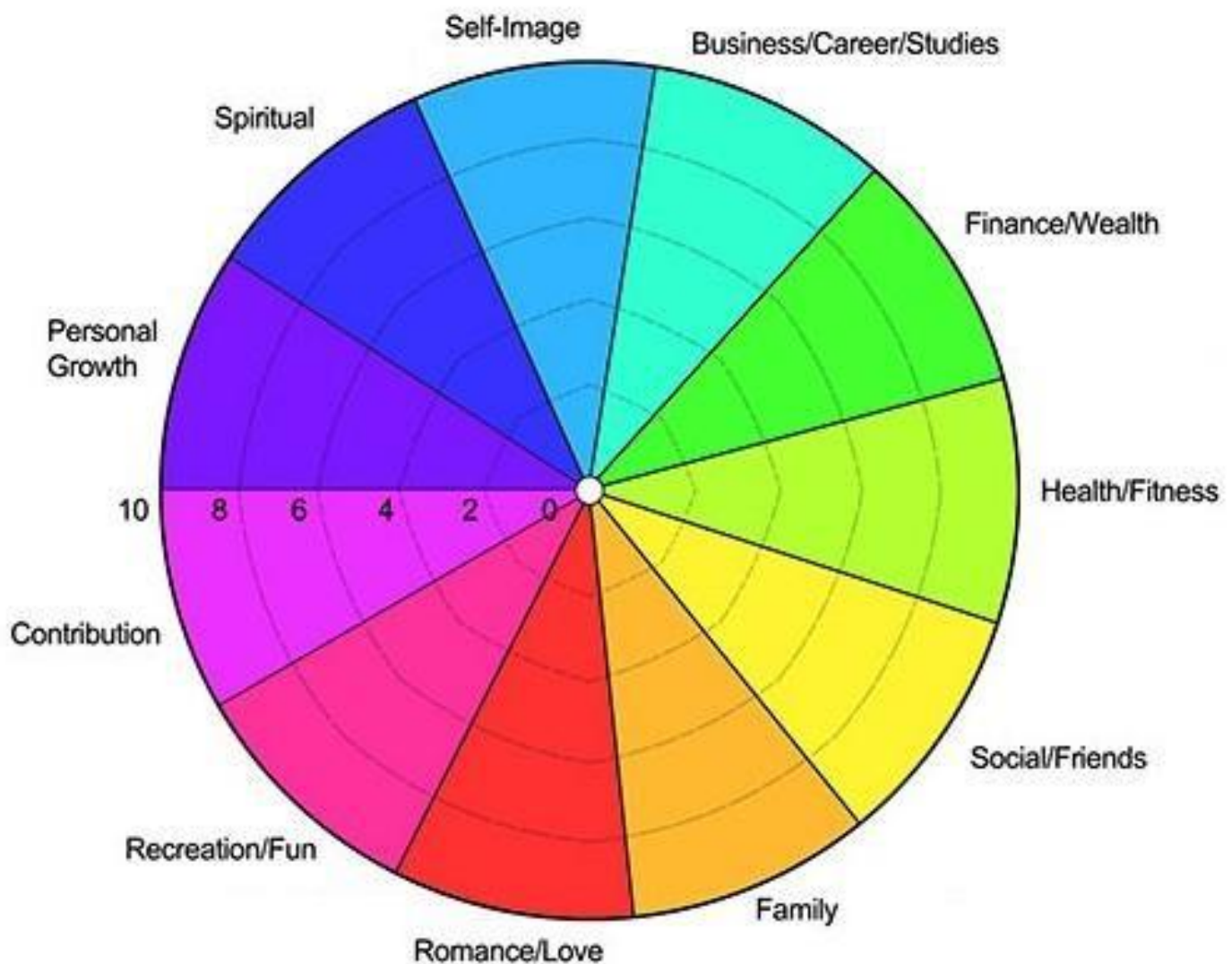


WHEEL OF LIFE EXERCISE by Fernando Rosete, MS, CSCS, USAW

- This exercise consists on scoring each area of your life, on a scale from 0 to 10 (10 being the highest), based on your current status and in terms of your perceived level of satisfaction. Place a dot in each area of the wheel, representing your score. Then, simply connect the dots and see how balanced your wheel would “turn.”
- This exercise allows us to find a baseline, set goals and find balance in our life.

On the next page you will find a brief description of each area, for clarification.



1. **Self-Image:**
Simply defined as self-concept, self-esteem, self-worth. Self-image is an important predictor of life satisfaction.
2. **Business/Carrier/Studies:**
It provides us with a sense of accomplishment. This section represents economic support, psychological purpose and social benefit. Besides, work satisfaction is one of the best predictors of longevity and perceived quality of life.
3. **Finance and Wealth:**
Provides stability and peace of mind and allows security and flexibility.
4. **Health and Fitness:**
Fitness is an important predictor of health. Exercise is essential to prevent disease and promote psychological well-being, enhancing healthy aging and vitality. Exercise supports and promotes strength and self-confidence, enhancing overall health status.
5. **Social/Friends:**
Innate to human nature, we have the necessity to connect with others. Empathy, cooperation and altruism are expressions of social behavior. It is important to find/make connections without marital, sexual or familial implications, individually or in our community. These interactions include frequent, positive exchanges with the same people and constitute a vital part of our support system.
6. **Family:**
As the essential part of society, family structure, support and healthy interaction are key for healthy growth and individual development. Maintaining and expanding a family structures have a direct impact on overall well-being and quality of life.
7. **Romance and Love:**
Represents the capacity of being intimate, trusting with another person, express and receive affection with significant others. The presence of lasting, stable, healthy relationships in our life.
8. **Recreation and Fun:**
Recreation improves self-esteem and perceives wellness and usually allows for social interaction. Fun and laughter enhance immune system activity and release endorphins, preventing or reducing depression, while enhancing sense of well-being and quality of life.
9. **Contribution:**
It is usually aligned with our life purpose and could be measured on the impact we as individuals have on society and the people who surround us. It provides us with a sense of accomplishment and enhances our self-worth.
10. **Personal Growth:**
This happens in each moment. Starts with presence, with mindfulness. It requires awareness and establishing realistic beliefs; that is, perceive reality as it is, rather than how we wish it to be. Promote self-control; successfully coping with stress and enhancing mental health. The future is the result of the present. Thus, it is the present we need to consider first.
11. **Spiritual:**
Awareness of a being or force that is superior to material aspects of life and gives a deep sense of wholeness or connectedness to the universe.

A) Based on the scores for each area, prioritize which areas are more important for you at the present moment, and list them in such order:

1		2	
3		4	
5		6	
7		8	
9		10	
11			

B) Set goals for each area, along with a plan of action. Make sure you keep this document handy, as a constant reminder. *I would like to know where you stand on your health/fitness area, so I can help you with the plan of action:*

	Area	Goals	Plan of Action
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			

C) Lastly, while doing this exercise, it is important to see the effect of each area towards all the other areas!

1. Self-Image Goals:			
Effects of Self Image Goals on each of the other areas			
Business/Career/Studies:		Finance/Wealth:	
Social/Friends:		Family:	
Recreation/Fun:		Contribution:	
Spiritual:		Health/Fitness:	
Romance/Love:		Personal Growth:	

2. Business/Career/Studies Goals:			
Effects of Business/Career/Studies Goals on each of the other areas			
Self-Image		Finance/Wealth:	
Social/Friends:		Family:	
Recreation/Fun:		Contribution:	
Spiritual:		Health/Fitness:	
Romance/Love:		Personal Growth:	

3. Finance/Wealth Goals:			
Effects of Finance/Wealth Goals on each of the other areas			
Business/Career/Studies:		Self-Image:	
Social/Friends:		Family:	
Recreation/Fun:		Contribution:	
Spiritual:		Health/Fitness:	
Romance/Love:		Personal Growth:	

4. Health/Fitness Goals:			
Effects of Health/Fitness Goals on each of the other areas			
Business/Career/Studies:		Self-Image:	
Social/Friends:		Family:	
Recreation/Fun:		Contribution:	
Spiritual:		Finance/Wealth:	
Romance/Love:		Personal Growth:	

5. Social/Friends Goals:			
Effects of Social/Friends Goals on each of the other areas			
Business/Career/Studies:		Finance/Wealth:	
Self-Image:		Family:	
Recreation/Fun:		Contribution:	
Spiritual:		Health/Fitness:	
Romance/Love:		Personal Growth:	
6. Family Goals:			
Effects of Family Goals on each of the other areas			
Business/Career/Studies:		Finance/Wealth:	
Self-Image:		Social/Friends Goals:	
Recreation/Fun:		Contribution:	
Spiritual:		Health/Fitness:	
Romance/Love:		Personal Growth:	

7. Romance/Love:			
Effects of Romance/Love Goals on each of the other areas			
Business/Career/Studies:		Finance/Wealth:	
Self-Image:		Social/Friends Goals:	
Recreation/Fun:		Contribution:	
Spiritual:		Health/Fitness:	
Family:		Personal Growth:	

8. Recreation/Fun Goals:			
Effects of Recreation/Fun Goals on each of the other areas			
Business/Career/Studies:		Finance/Wealth:	
Self-Image:		Social/Friends Goals:	
Romance/Love:		Contribution:	
Spiritual:		Health/Fitness:	
Family:		Personal Growth:	

9. Contribution Goals:			
Effects of Contribution Goals on each of the other areas			
Business/Career/Studies:		Finance/Wealth:	
Self-Image:		Social/Friends Goals:	
Romance/Love:		Recreation/Fun:	
Spiritual:		Health/Fitness:	
Family:		Personal Growth:	

10. Personal Growth Goals:			
Effects of Personal Growth Goals on each of the other areas			
Business/Career/Studies:		Finance/Wealth:	
Self-Image:		Social/Friends Goals:	
Romance/Love:		Contribution:	
Spiritual:		Health/Fitness:	
Family:		Recreation/Fun:	

11. Spiritual Goals:			
Effects of Spiritual Goals on each of the other areas			
Business/Career/Studies:		Finance/Wealth:	
Self-Image:		Social/Friends Goals:	
Romance/Love:		Recreation/Fun:	
Contribution:		Health/Fitness:	
Family:		Personal Growth:	