

Life Wheel Assessment

Score each area of your life to see, at a glance, where to focus next.

Score each area 1–10

Health & Energy: ____

Relationships: ____

Work & Purpose: ____

Money: ____

Growth & Learning: ____

Fun & Joy: ____

Environment: ____

Contribution: ____

Reflection

Which area, if improved, would lift the others?
