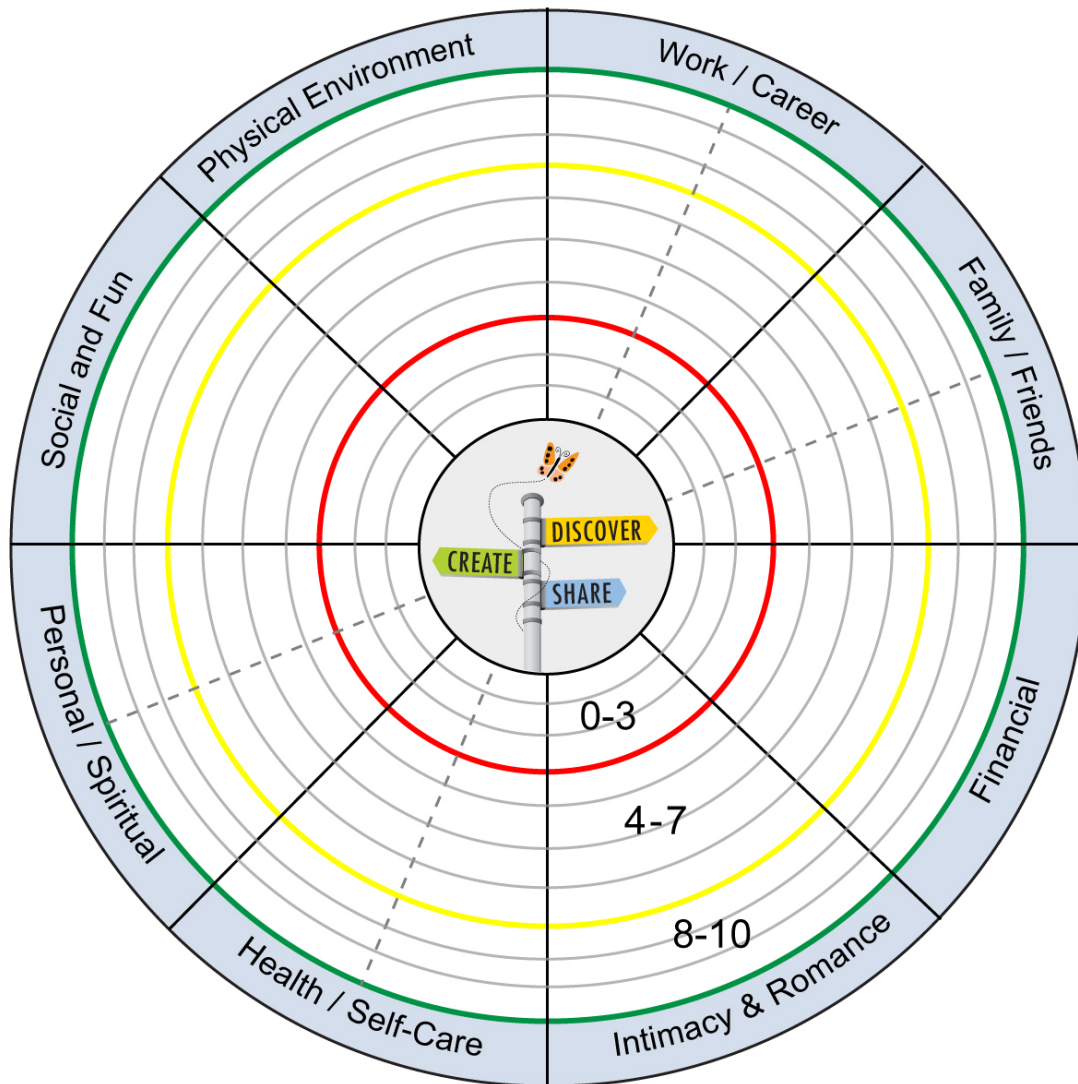


Wheel of Life: Discover Your Life Area Satisfaction



The 8 sections in the **Wheel of Life** represent the general categories of life activities and relationships. How does your wheel balance? Print this worksheet to see for yourself!

Assign a numeric value for each slice of life area to correspond to your current level of satisfaction:

- 1-3 Not Satisfied
 - 4-7 OK
 - 8-10 Very Satisfied /Happy.
- If you want, rename or split the labels.

Color in or mark the line. Most wheels are very bumpy! Look at the life areas and consider how it reflects your current overall well-being. Which two or three life areas need your attention? For example, you might give a "4" to self care and a "3" family and a "4" to environment. Next, **rank the life slices by priority** of 1-8 (up to 12) outside each label. Although family/friends is noted as less satisfactory in the example, you may decide to prioritize and honor self-care, in order to find new energy for nourishing the other relationships. Putting family first might actually risk further self-care and add to deteriorating health. Challenges brought about by loss and circumstances vary. If your **Wheel of Life** is not as smooth as you desire, you are invited to Discover more resources, tools, and support on NavigatingGrief.com.

Navigating Grief