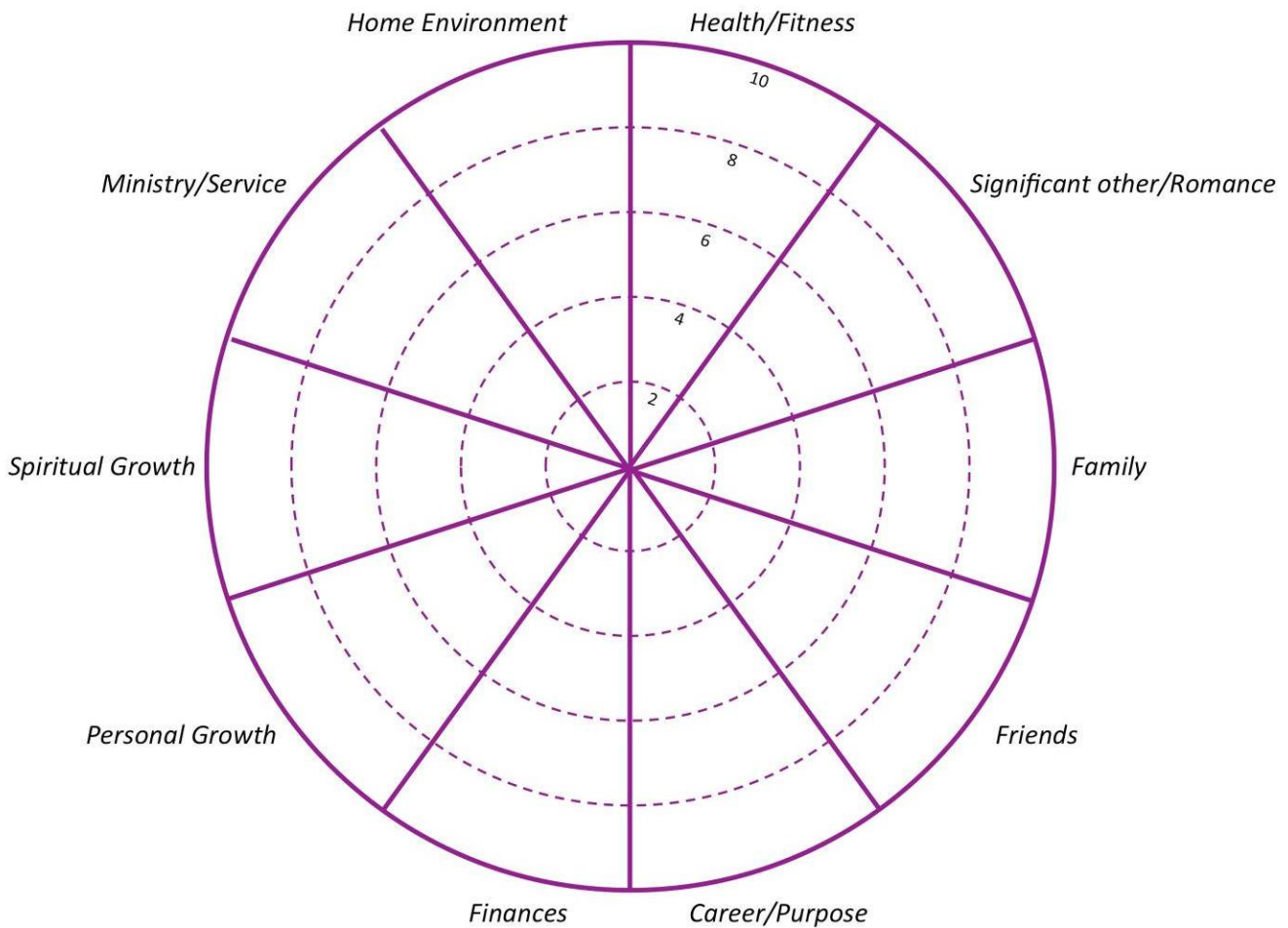


# Life Wheel Assessment

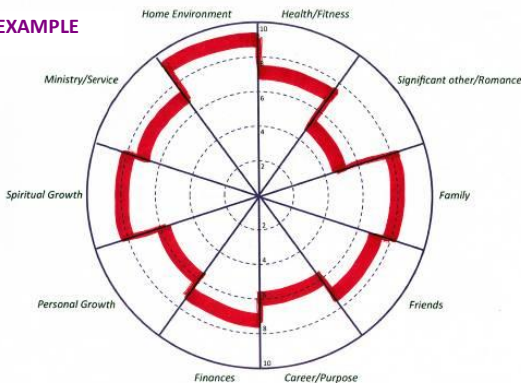
The Life Wheel Assessment can be used in many ways: It can be used to discover areas that need growth, it can serve as a visual to help bring greater balance to life and it can serve as a framework for annual planning.

We are most deeply satisfied when our lives reflect what is most important to us. Rate your level of satisfaction in each area of life from zero (the center) to ten (the outer edge) and draw a curved line to create a new outer edge.

- |                           |       |                  |       |
|---------------------------|-------|------------------|-------|
| Health/Fitness            | _____ | Finances         | _____ |
| Significant Other/Romance | _____ | Personal Growth  | _____ |
| Family                    | _____ | Spiritual Growth | _____ |
| Friends                   | _____ | Ministry/Service | _____ |
| Career/Purpose            | _____ | Home Environment | _____ |



**EXAMPLE**



The reverent, worshipful fear of the Lord leads to life, and he who has it rests satisfied...

Proverbs 19:23 Amplified Version