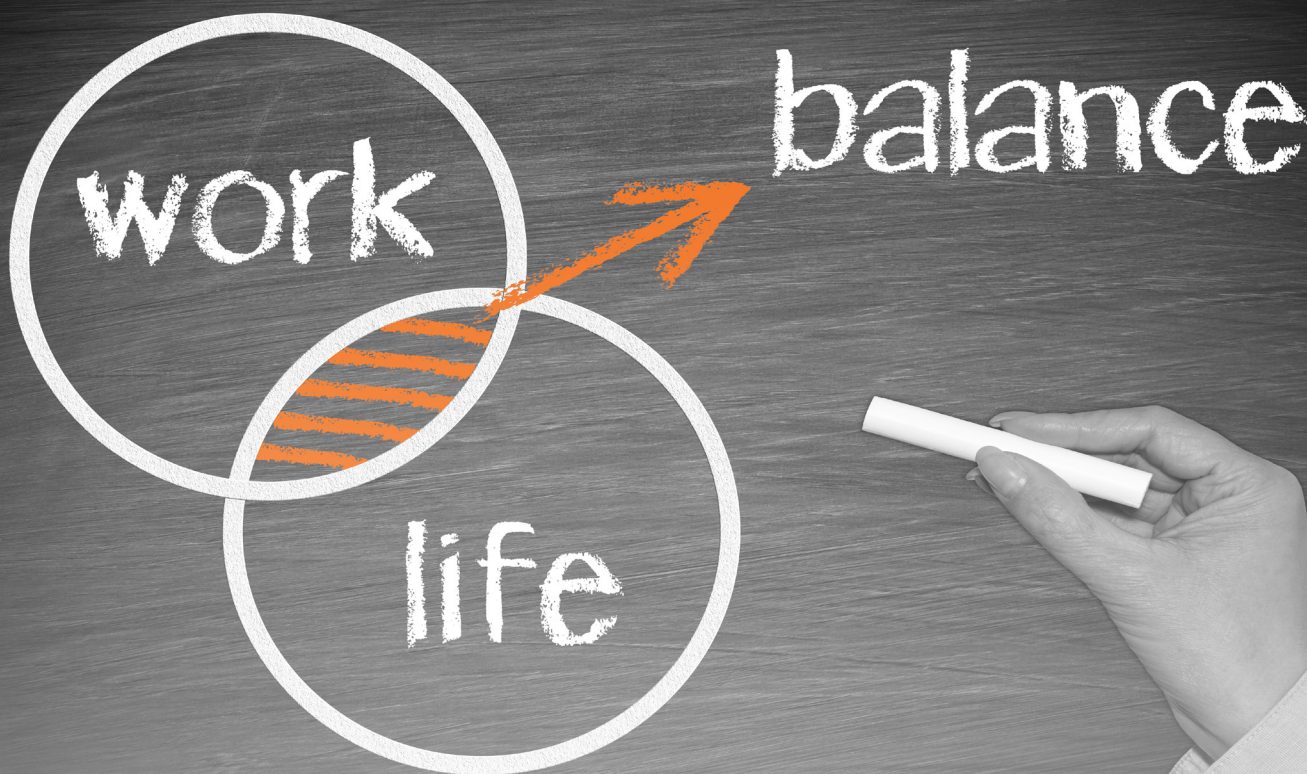


Wheel of Satisfaction: Your Life

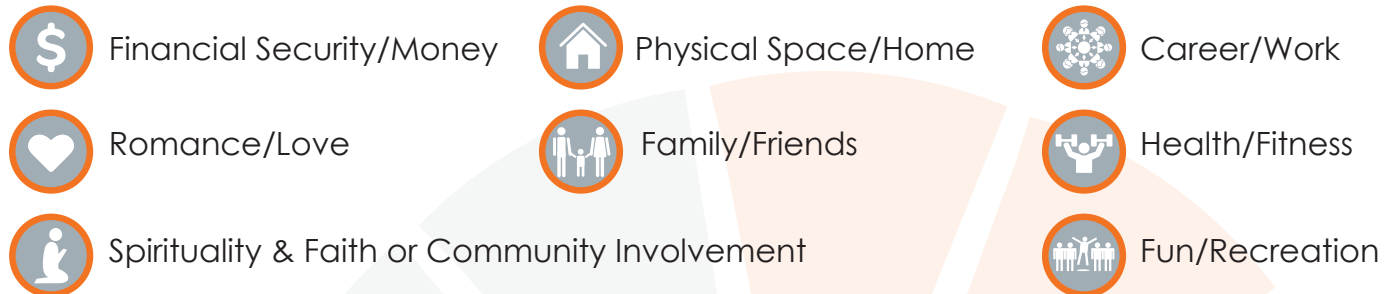


Date: _____

The Wheel of Satisfaction - Your Life is often used as a way for people to identify how satisfied they are in different areas of their life. The wheel provides space for self-reflection that allows one to focus on improving areas that might be lacking.

The intent is not necessarily to have a completely balanced wheel. In reality, at any time in your life, something will dominate, and something will take a back seat. The point of the wheel is to reflect on whether you are happy with your current situation and what is within your control to change.

The Wheel of Satisfaction - Your Life is divided into eight unique facets of one's life.



Find a comfortable spot and rate your current satisfaction with each area. Be completely honest. This workbook is for you and only you. So if you want change, you must be honest with yourself and put in the effort to make it happen.

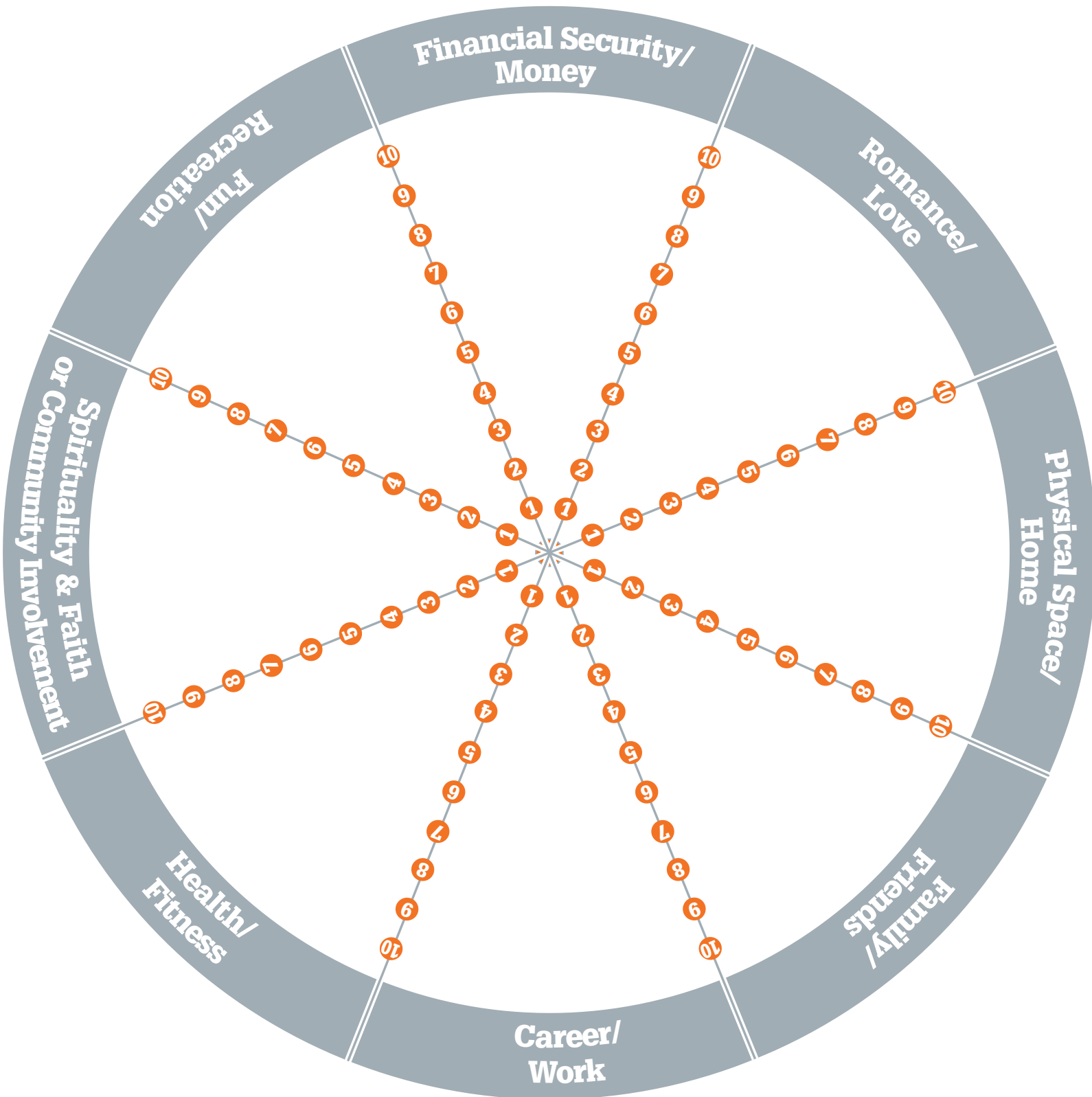
Rate your satisfaction using a 10-point scale

1	2	3	4	5	6	7	8	9	10
Very Dissatisfied				Neutral					I've got this!

Category	Consider the following questions and answer based on how you are feeling today.	Answer
1. Financial Security/Money	How comfortable are you with your financial situation?	
2. Romance/Love	How would you rate the overall quality of your current (or past) intimate relationship?	
3. Physical Space/Home	How satisfied are you with your physical space - the place where you spend most of your time?	
4. Family/Friends	How satisfied are you with the time and energy you put into nurturing your relationships with your family and friends?	
5. Career/Work	How happy and fulfilled are you by your work?	
6. Health/Fitness	How satisfied are you with your current level of health and fitness (including nutrition)?	
7. Spirituality & Faith or Community Involvement (Choose the category that best reflects you and your life, either spirituality & faith or your community involvement.)	How satisfied are you with the area you chose to rate?	
8. Fun/Recreation	How satisfied are you with the level of fun and recreation in your life today?	

Step 1:

Take a marker and draw a line across each section that corresponds with the number you rated yourself in each category. This is your 'current situation' line. Reflect on your wheel. Each area might be just fine where it is, or you might want certain areas to be higher. Don't judge, simply reflect where you are today, and where you would like to see yourself in each area. Using a different colour marker, draw a line where you want to be in each category. This is your 'want to be' line.



Step 2:

Reflect on how similar, or different, your 'want to be' line is to your 'current situation' line. List the top 4 areas that are furthest apart.

1. _____
2. _____
3. _____
4. _____

Step 3:

We can't focus on everything and be successful. What is the **one** most important area that you want to focus on?

Why did you choose this area to focus on?

What is your personal goal for this area?

What will happen when you move closer to your goal in this area?

What is holding you back from achieving your goal in this area?

How will staying where you are relative to this goal impact you in the future?

Step 4:

Make **your** plan and write it down. A good plan has steps, timelines and goals and is reviewed often.

My Plan and Commitment for Change

I will do...	I will do it by...	I will keep myself accountable by...	I will know I am successful when....

Coaching

An executive coach is a qualified professional who works with individuals to help them gain clarity and self-awareness and achieve their goals. The Wheel of Satisfaction - Your Life, is a tool that is often used in coaching to help individuals get clear on where they would like to focus. After completing the wheel if you are feeling overwhelmed with where to start or if you have a plan and need someone to guide you and help you stay accountable to yourself, coaching might be right for you.

If you would like to explore coaching, please reach out to arrange your free 30 minute consultation today.

Visit our website at www.satoriconsultinginc.ca or give us a call at **905-319-1159**.

