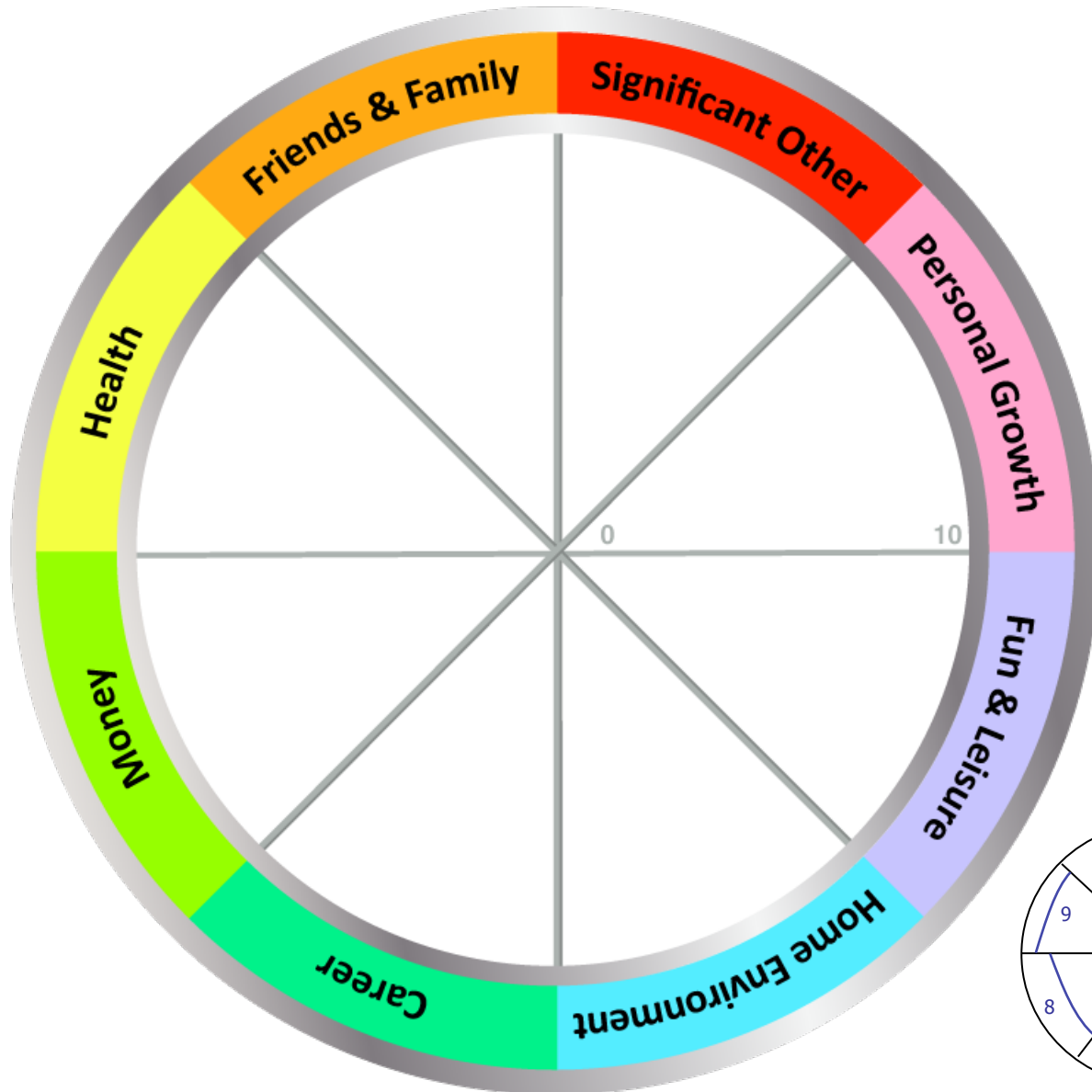


# LIFE SATISFACTION WHEEL

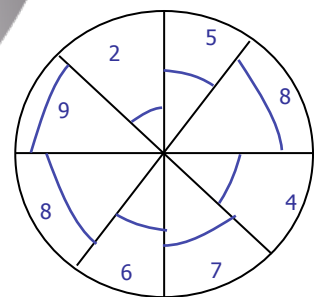


YOUR NAME: \_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_



EXAMPLE



## COMPLETE THE WHEEL:

1. Review the 8 Wheel Categories - think briefly what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment that represents your satisfaction score for each area.

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example above)

**IMPORTANT:** Use the FIRST number (score) that pops into your head, not the number you think it *should* be!

# LIFE SATISFACTION WHEEL



## Make your notes here

**Surprise**     *are there any dimensions that surprise you or stand out?*

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**Probe**     *what part of your wheel takes the most time and attention currently? Why?*

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**Imagine**     *in each category, what would perfect satisfaction look like?*

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**Need**     *what help do you need from others? what existing success do you need to protect?*

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## Next Steps

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# LIFE SATISFACTION WHEEL



## NOTES:

- This exercise aims to produce a snapshot of your current reality, and how you feel about it.
- It will help you identify and prioritise your goals.
- Everyone's wheel is different. So don't get worried about 'low', 'high' or 'matching' scores.

## Detailed Instructions

1. Think about each of the eight categories – do they represent your life's dimensions? Check the list below and make adjustments to the wheel as necessary.
  - 1) **Significant Other** – this represents your primary emotional and physical support relationship. You might amend this to 'dating' if not in a relationship.
  - 2) **Friends & Family** – if you have different feelings about friends & family you can split this into two segments
  - 3) **Health** – this primarily represents your physical health and wellbeing but does not exclude your mental health and emotional wellbeing. Again, split into two segments if necessary.
  - 4) **Money** – this represents your feelings of financial security
  - 5) **Career** – this represents your primary activity so can also refer to volunteering or motherhood if appropriate.
  - 6) **Home Environment** – this represents your physical dwelling space. If you work and live in the same space it may also refer to your work environment.
  - 7) **Leisure** – this category includes your hobbies and recreational activity.
  - 8) **Personal Growth** – this category encompasses self-development and may include learning, professional development, or self-improvement as part of a community.

Imagine what perfect satisfaction would look like for you in each area.

2. Rank your level of satisfaction in each area by drawing a line across each segment and write the number beneath – from 1 (very dissatisfied) to 10 (fully satisfied)
3. Review (SPIN) your wheel.
  - a. **Surprise** – when you look at your wheel are there any dimensions that surprise you or stand out compared to the others? Why?
  - b. **Probe** – what part of your wheel takes the most time and attention currently? Is that where you want to spend most of your time?
  - c. **Imagine** – which of these categories would you most like to improve? What would perfect satisfaction look like?
  - d. **Need** – what help and support might you need from others? What current successful behaviours do you need to protect?
4. It's time to think about the next steps. To get the most out of this exercise, identify an action that would improve your satisfaction in each segment and select the most important three for you. If you are using the LSP self-coaching process, check out our YouTube videos. Focus on the smallest step you need to make to get started, and check your progress every month.