



Life Wheel

The first step in Making “What’s Next?” What Matters™ is to know where you are now. Follow these steps to obtain a clearer understanding about the 13 areas of your life represented below.

Step 1: Rate your level of satisfaction for each area on a scale from 1-10, where 10 is most satisfied. Write the number next to each “pie slice,” or use a highlighter to fill in the slice from the center outward, based on your rating (e.g., for a rating of 5, fill the slice in from the center halfway to the outer edge).

Step 2: What are your current circumstances, concerns, goals and vision for each area? Write notes in each slice of the Wheel.

Step 3: Choose one or two of the areas of least satisfaction and come up with one small step you can take to improve them. If you’re stuck, call a friend, or call me!

