

The Wheel of Life



Mental Health
Ireland

The Wheel of Life highlights how to bring balance to our life, create happiness and success. So, how does the Wheel of Life work?

Every section of the wheel represents an area of your life. Rate how satisfied you are with each area of your life by marking the dot for the suitable score. '1' at the centre of the wheel, means not very satisfied, and '10' towards the edge of the wheel means very satisfied.

Join the dots and a kind of map is created. Now, at a glance, you can see how each area of your life scores and what your overall life satisfaction is at the moment. Every area of our lives influences our overall wellbeing and satisfaction.

By completing the wheel as honestly as possible, we can become more aware of the areas of our lives that are satisfying and which areas could do with a little more attention.

Scores from 8 - 10 **Very Satisfied.** Keep maintaining this. There's always room for a little boost too.

Scores from 5 - 7 **Reasonably Satisfied.** There's room for improvement. This is an opportunity for growth.

Scores from 1 - 4 **Unsatisfied.** This is a real invitation to give these areas some attention in order to boost life satisfaction and wellbeing.

