

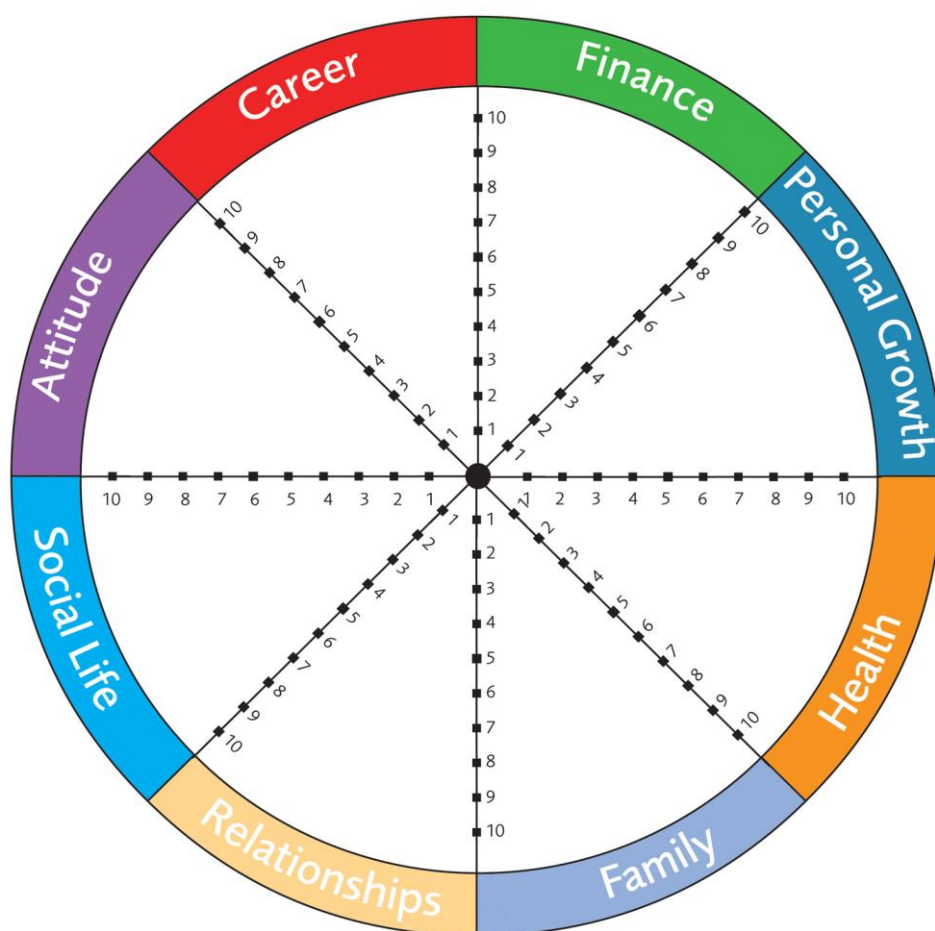
The Wheel of Life: A Personalized Self-Assessment Tool

Welcome! I'm Coach Maria Papazoglou, and I'm here to guide you through this simple yet powerful exercise called the **Wheel of Life**. It's a tool that helps you take a step back, check in with where you're at, and understand how balanced or fulfilled you feel in different areas of your life. This reflection will help us identify where you need more support or where you might want to focus more energy.

I believe that life is a journey of growth, self-discovery, and fulfillment. This tool will help you see that journey more clearly, allowing us to work together toward designing a career and life that feels balanced, joyful, and truly yours.

How the Wheel of Life Works:

Imagine your life as a wheel, turning smoothly when all areas are balanced and aligned. Each section represents a key area of your life. When all areas are strong and balanced, the wheel rolls smoothly, and life feels more aligned. But when certain areas are neglected, it creates an uneven wheel, making your journey bumpier. The goal here is to get a clearer picture of where you stand today, so we can work on making your wheel turn with ease.



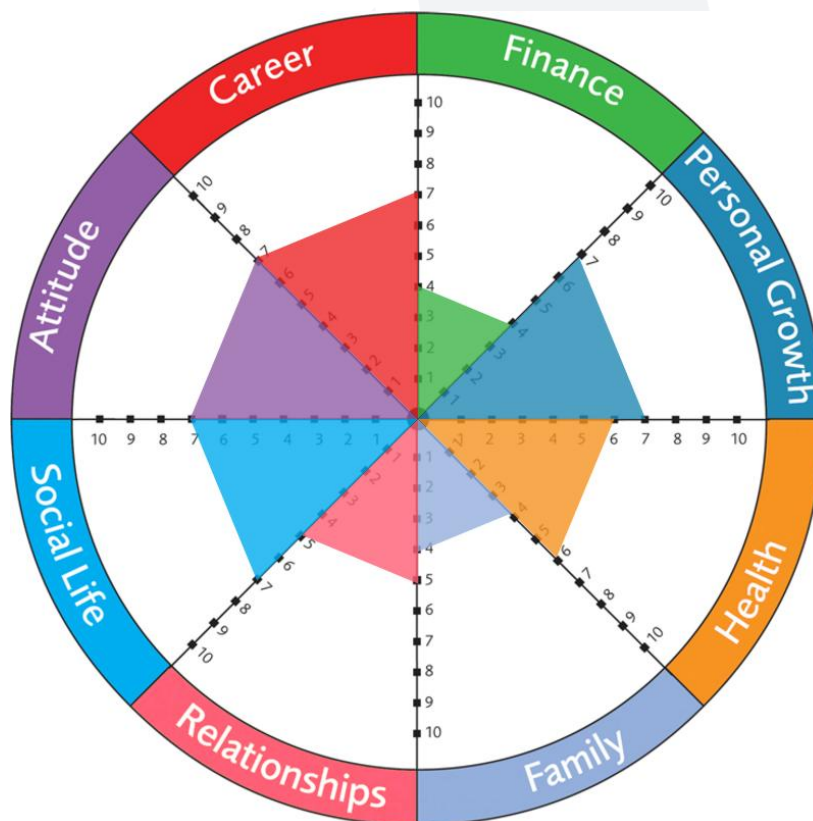
Here's how you can use this tool, Step-by-step:

1. **Print the Wheel of Life diagram** – You'll see different categories representing the essential areas of life that we'll focus on during our coaching journey.
2. **Rate each area** from 1 to 10 based on your level of satisfaction. A score of 1 means you feel deeply unsatisfied in that area, while a 10 means you feel completely fulfilled.
3. **Connect the dots** by drawing lines between the scores in each category (see the example below). This will create a visual "wheel" that shows how balanced your life is right now. The closer the shape resembles a smooth circle, the more balanced your life is.
4. **Reflect on your wheel** – A smooth, balanced wheel will roll forward easily. An uneven one will point out areas where attention, care, and intention are needed.

Remember, this is not about judgment—it's about **awareness**.

Together, we'll explore what's holding you back and how you can create a life that feels both meaningful and aligned with who you are.

Example of How the Wheel of Life could look:



The 8 Key Areas:

1. Social Life

This includes how much fun, connection, and fulfillment you get from your social activities, leisure time, and hobbies.

Questions to reflect on:

- Am I making enough time for the things that bring me joy and laughter?
- Do I regularly engage in activities that recharge my energy and lift my spirits?
- How often do I make space for relaxation and fun with others?
- Do I feel connected and supported by my friends or social circles, or am I missing meaningful connections?
- Am I satisfied with the balance between my social life and alone time?

Why it matters: It's not just about staying busy. Social life is about doing things that spark joy, whether it's through hobbies or spending time with people who make you feel alive. Together, we'll make sure your life has space for connection and joy.

2. Career & Business

This is all about your professional life—your job, goals, and how fulfilled you feel in your career.

Questions to reflect on:

- Do I feel passionate about what I do for a living?
- Am I using my strengths and skills in my work in a way that feels fulfilling?
- Does my current career path align with my long-term vision for myself?
- Do I see opportunities for growth and development in my work?
- Am I satisfied with the balance between work and my personal life?

Why it matters: Your career is a big part of your life, and it should feel purposeful and aligned with your values. We'll work together to ensure that your career supports the life you want to live.

3. Finances

This section is about your financial well-being—how you're handling money and how confident you feel about your financial future.

Questions to reflect on:

- Am I managing my finances responsibly and with confidence?
- Do I feel secure in my financial situation and able to meet my goals?

- Am I clear on my financial priorities, and do I have a plan to achieve them?
- Do I experience financial stress or anxiety, or do I feel in control of my money?
- Am I saving, budgeting, and investing in ways that align with my values?

Why it matters: Feeling secure with your finances helps reduce stress and opens the door to more freedom and opportunities. Together, we'll work on making sure you have a plan that brings you financial peace of mind.

4. Personal Growth & Development

This area covers your commitment to learning, self-improvement, and discovering your best self.

Questions to reflect on:

- Am I actively pursuing experiences that challenge me and help me grow?
- Do I feel aligned with my core values, and do they guide my actions every day?
- Am I regularly reflecting on my personal progress and making adjustments when needed?
- Do I feel like I'm living a life that is true to who I am and who I want to become?
- Am I taking steps to learn new things, broaden my horizons, and step out of my comfort zone?

Why it matters: Growth is the foundation of long-term fulfillment. We'll work together to create opportunities for you to evolve into the person you want to be.

5. Relationships

This section is about your romantic relationships—emotional intimacy, communication, and connection with your partner.

Questions to reflect on:

- Am I nurturing my romantic relationship with love, attention, and care?
- Do I feel emotionally supported and understood by my partner?
- Am I able to communicate my needs and feelings openly and honestly?
- Have I let go of past hurts to fully embrace love and openness in my current or future relationship?
- Am I satisfied with the level of romantic connection and affection in my life?

Why it matters: Healthy, fulfilling relationships are essential for emotional well-being. Together, we'll work on deepening the connection in your romantic life to create more joy and understanding. ▲

6. Family & Friends

This covers the relationships and connections you have with family members and close friends.

Questions to reflect on:

- Am I satisfied with the amount of time I spend with my family and friends?
- Do I feel supported, loved, and connected in my family and friendships?
- Do I invest time and energy into nurturing these relationships regularly?
- Do I feel like I give as much love and support to my family and friends as I receive from them?
- Are there any relationships in my life that need healing, or that I'd like to strengthen?

Why it matters: Your family and friends are a crucial part of your support system. We'll focus on nurturing these relationships to ensure you feel surrounded by love and connection.

7. Health & Well-Being

This area focuses on how well you're taking care of your body, mind, and overall well-being.

Questions to reflect on:

- Am I taking good care of my physical health, including exercise, nutrition, and sleep?
- Do I balance work, relaxation, and self-care in a way that feels healthy and sustainable?
- Do I feel in tune with my body and listen to what it needs?
- Am I doing activities that boost my mental health and reduce stress regularly?
- Am I satisfied with how often I prioritize my well-being and self-care routines?

Why it matters: Your health is the foundation for everything else in your life. Together, we'll work on habits that support both your physical and mental well-being, so you feel your best.

8. Attitude & Environment

This section is about both your mindset and the spaces you spend your time in, like home and work.

Questions to reflect on:

- Does my home or workspace make me feel calm, inspired, and supported?
- Am I surrounded by things that bring me joy and peace in my daily environment?
- Do I approach challenges with a positive, solution-focused mindset?
- Does my environment reflect who I am and support the life I want to live?
- Am I comfortable and happy in the places I spend most of my time?

Why it matters: Your attitude and your environment are key influences on how you feel every day. We'll make sure both support your well-being and set you up for success.

How You'll Benefit by this tool:

By completing this personalized Wheel of Life, you'll gain deep insight into your current level of life satisfaction and areas that may need attention. As your coach, I will help you:

- **Gain clarity** on what's working well and what's out of balance
- **Set achievable goals** to improve the areas that need focus
- **Create practical action plans** to bring more joy, growth, and fulfillment into your life
- **Track your progress** and celebrate your wins along the way

This tool is a starting point for the transformative journey we'll embark on together.

It's designed not just to show you where you are, but to help us map out the path to where you want to be.

Life balance isn't a one-time achievement—it's an ongoing process, and I'm here to support you at every step.

Final Thoughts:

Remember, this is just the starting point. I'm here to help you turn your insights into action, setting goals that resonate with your true desires and building a plan that moves you forward with purpose and clarity.

You deserve a life that feels joyful, balanced, and truly your own. Let's make that happen together!

Let's get started!

Maria Papazoglou