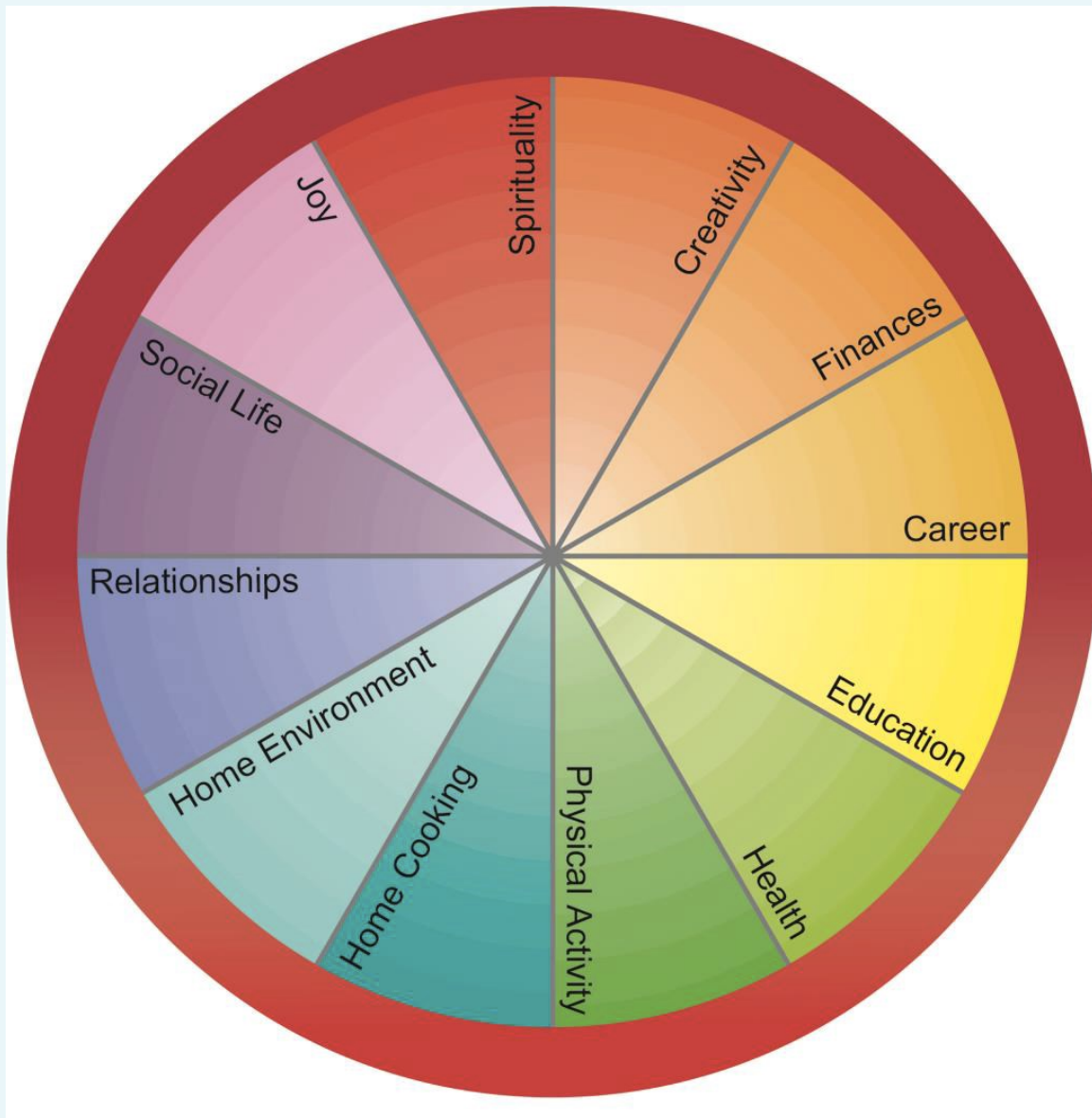




[coaching-online.org](https://coaching-online.org)

Wheel of Life Template  
Free PDF



Source: [Institute of Integrative Nutrition](#)

You can create your Wheel of Life online [here](#).

## How to Use the Wheel of Life

For each category, place a dot on the line to indicate your level of satisfaction.

To indicate dissatisfaction, place a dot at the center of the circle. To indicate satisfaction, place the dot on the outside edge of the circle.

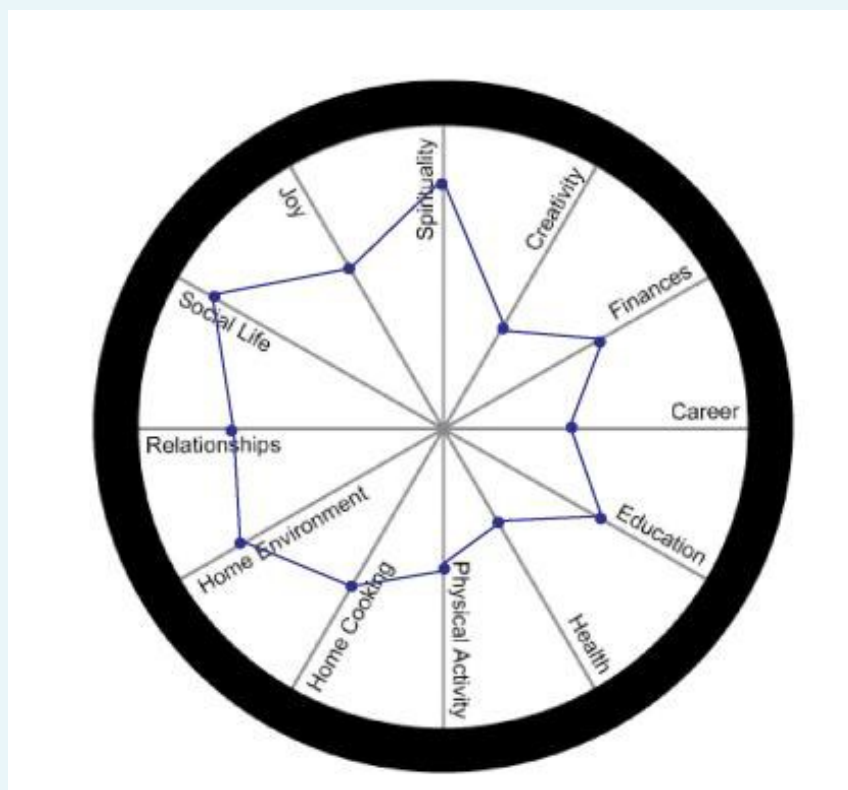
In most cases, you will probably fall somewhere in between. Place your dot anywhere between the center and the edge of the wheel to indicate your satisfaction level.

Once you have placed all the dots, join them together to reveal your personal wheel of life (see example below). This will give you a visual representation of the areas of your life that are most balanced, and which need more attention.

Use this information to make adjustments to the aspects of your life in which you feel least satisfied.

Repeat this exercise as often as you need. Think of it as regular maintenance for your life!

## Example Wheel of Life

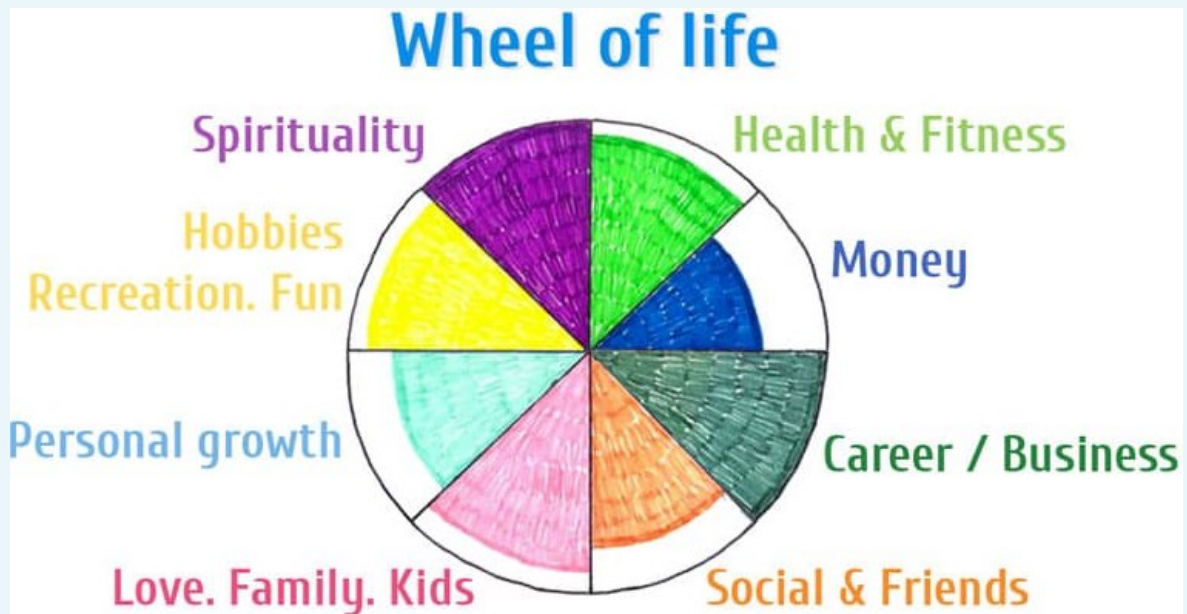


Source: [Institute of Integrative Nutrition](#)

## Customizing Your Wheel of Life

The Wheel of Life is a tool designed to help you live a more balanced life. You can change the categories to suit your personal needs.

Here is an example of a personalized Wheel of Life:



Source: [goal-life.com](http://goal-life.com)