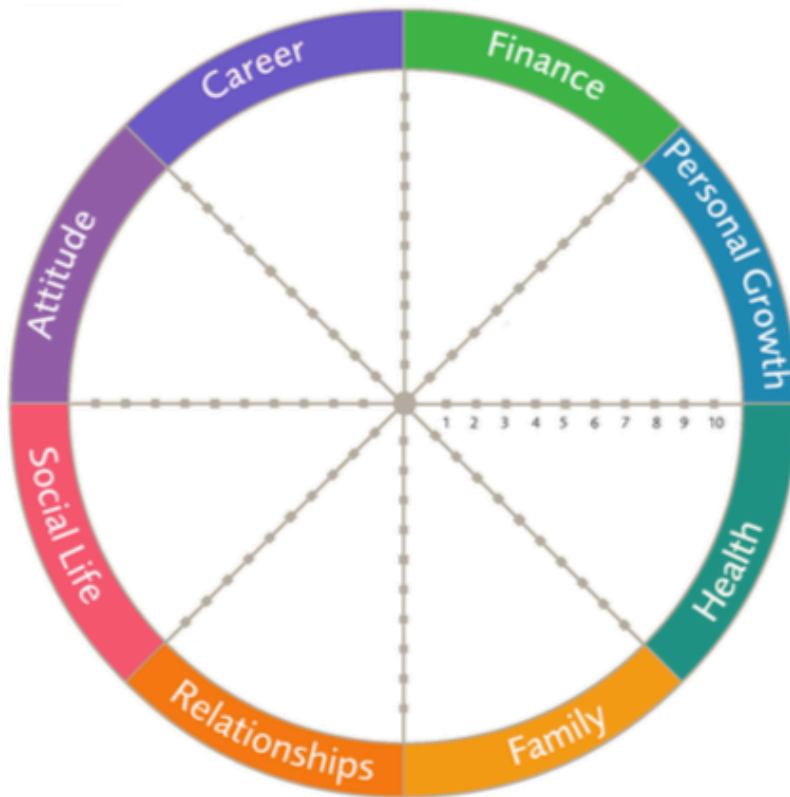


Wheel of Life Self Assessment
What areas of your life need more FLOW?



A snapshot of your life today ...

The Wheel of Life represents eight dimensions of your life, including: Career, Finance, Personal & Professional Growth, Health, Family, Relationships, Social life and Attitude. (You can change the categories you want to measure.)

Instructions:

Use the wheel of life to assess your level of FLOW (ease, bliss, satisfaction or creative fulfillment) in each area. Mark the level of satisfaction you feel in each dimension on a scale of 0 (low) – to 10 (high). Join up the marks around the wheel and color in the space between the spokes, until you have filled in your wheel. The new perimeter represents the wheel of your life from your current perspective.

Consider your ideal level in each area of your life. A balanced life does not mean getting 10s in each life area: It's about a smooth flow. A ColorFlow Life recognizes all areas have value and are seeking harmony together.

What are the gaps that need attention? Where do you feel more flow and where do you need more help in finding your flow? Does your wheel of life look and feel balanced? Or are you experiencing a bumpy ride? How satisfied are you with your life right now? What does success and happiness feel like in each dimension of the wheel?

