

Flourish Financially Challenge



“Alexa, open the Flourish Financially Challenge.”

How to Use the Wheel of Life

- Place a dot on each spoke that indicates your level of satisfaction in that particular facet of life. Use a scale of zero to ten with zero at the center of the circle and ten at the rim. A zero indicates no satisfaction, and a ten indicates the highest degree of satisfaction.
- Now draw a line to connect the dots and create your life wheel.
- Is your life wheel round or does it show flat spots? Is it deflated or is it full? What does this exercise tell you about your life? How balanced is your life? Are there areas of your life that need attention? In what facets would you like to experience more satisfaction?

When used effectively, the Wheel of Life helps you clearly identify your current life satisfaction while visually acknowledging the aspects of your life that need more attention. The goal is to find a comfortable balance across each category to live a more satisfying life.

