

## Life Wheel Quiz

Sometimes it's too hard to know exactly what isn't working the best in our lives so we use a **Life Wheel** to measure all the important areas of our life so we can see a two dimensional overview of how much or how little fulfillment we are getting in each one of those areas.



This wheel is used to display your level of satisfaction and fulfillment relating to each area of your life, depicted as a wedge in the Life Wheel ie: The zero towards the centre of the wedge indicates no satisfaction and a 10 represents complete satisfaction.

Now shade in the wedges depicting your life area to see your current level of fulfillment. This is generally directly proportionate to how much time you spend in that area. Look at the Life Wheel as a whole and compare each area to determine whether your life is balanced or whether one or more areas need some attention or some improvement.

### How Does Your Life Wheel Look?

If your life is not at the level of happiness that you would desire, chances are that one or more of your Life Wheel wedges are showing a very low score. This indicates a general life imbalance and can be corrected very easily by talking to us here at **Excel In Performance**.

[Contact us](#) on **1300 904 399** or email: [info@excelip.com.au](mailto:info@excelip.com.au) now for a free chat and / or coaching session on how this area can be improved quickly and easily. You'll be amazed at what you'll find out in just one session and what immediate changes you can apply with incredible results.