

# Wheel of Life

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## How to use this wheel:

Rate your current level of satisfaction in each area by filling in an arc from the center out to your number (1-10).

A 10 means you feel completely fulfilled in that area; a 1 means there's significant room to grow.

**Important: Use the first number that pops into your head, not the number you think it should be!**



## The science behind the balanced life

It turns out that no single area of life can carry the full weight of your happiness. Research consistently shows that satisfaction across multiple domains together predicts well-being far better than any one area alone (Sirgy & Wu, 2009, Journal of Happiness Studies). Studies across 21 countries confirm this: people who invest in several areas of life report richer, more resilient flourishing than those focused on just one (Ruggeri et al., 2020, Health & Quality of Life Outcomes). In fact, each domain has a natural ceiling, meaning the happiness you can draw from any single area is capped, and real growth comes from spreading your attention more broadly (Sirgy, 2019, Quality of Life Research).

**Think of it like a wheel: the rounder and more balanced it is, the smoother the ride.**