



**Chamber University**

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*The Wheel of Life*



WORKBOOK

# WHEEL OF LIFE WORKBOOK

## DESCRIPTIONS OF MOST COMMON CATEGORIES ON THE WHEEL OF LIFE

### **Career**

This area applies whether you own a business, work as a freelancer, are employed at a company or are even retired. Take a look at how you are doing in your career in terms of earnings, responsibility, personal development, career path growth, or whatever else is important in your business. You spend a lot of your time working, so you want to make sure you have the right skills, outlook, management, ideas, and job position to become happy in your career.

### **Financial**

While it's easy to have some overlap with business and career, the financial category is really more about your personal finances. Your score should reflect how you are feeling about money and if you are achieving the goals that you have set for yourself in this section of the wheel.

### **Spiritual**

Regardless of your belief system, this area still applies. How are you doing in your spiritual practice? Do you have a consistent spiritual practice? Do you feel that you need to spend more time focusing on it? Whether this is religion, meditation, mindfulness, or just being in touch with the laws of the universe, it's good to check in on how you're doing here.

### **Physical**

This is focused on health and wellness. This would include diet, exercise, overall medical health, and self-care. Try not to worry too much about your body image, but objectively assess how healthy you are at this point in your life.

## **Intellectual**

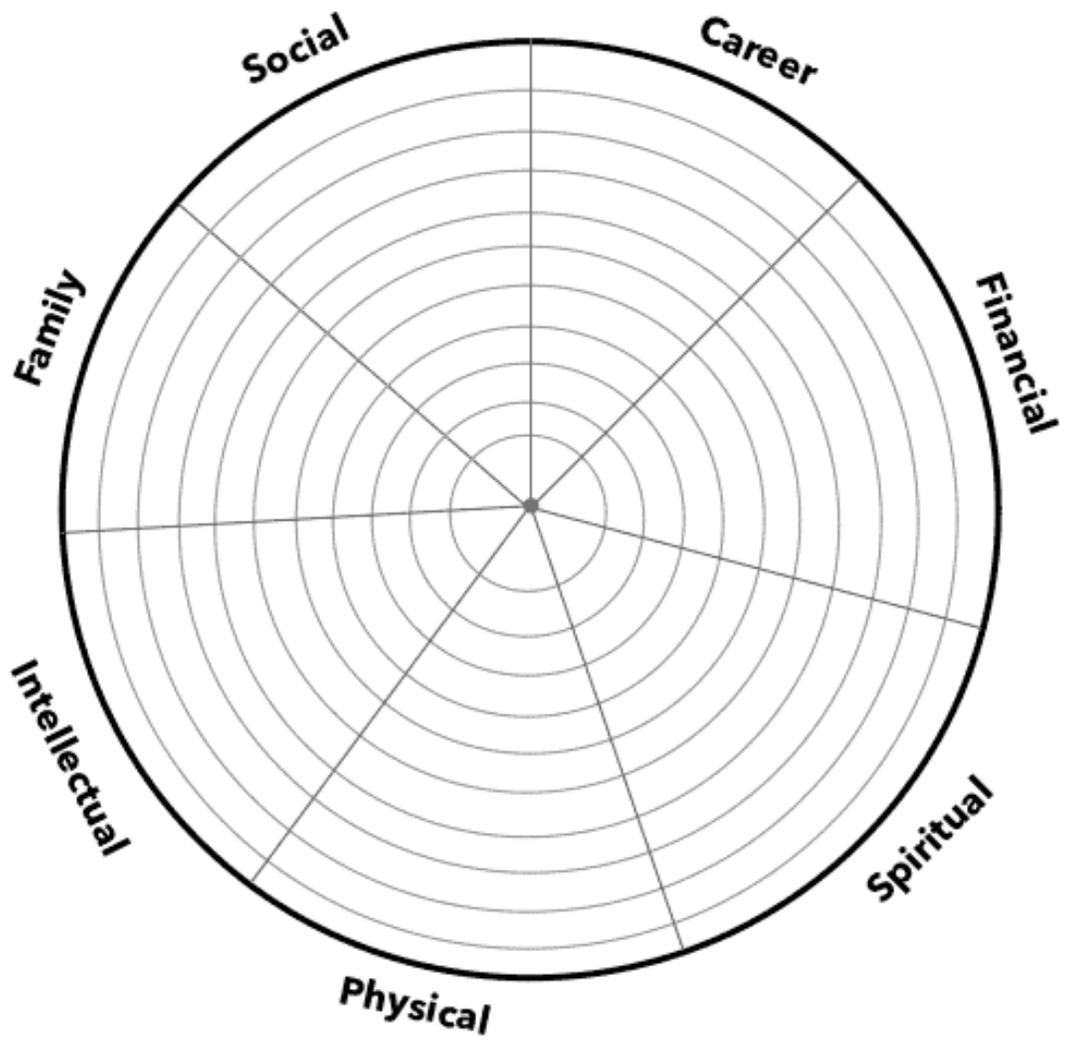
This category of the wheel is focused on the level to which you are intellectually stimulated. Many people use this area of the wheel to look at reading, learning, travel, culture, and the pursuit of education.

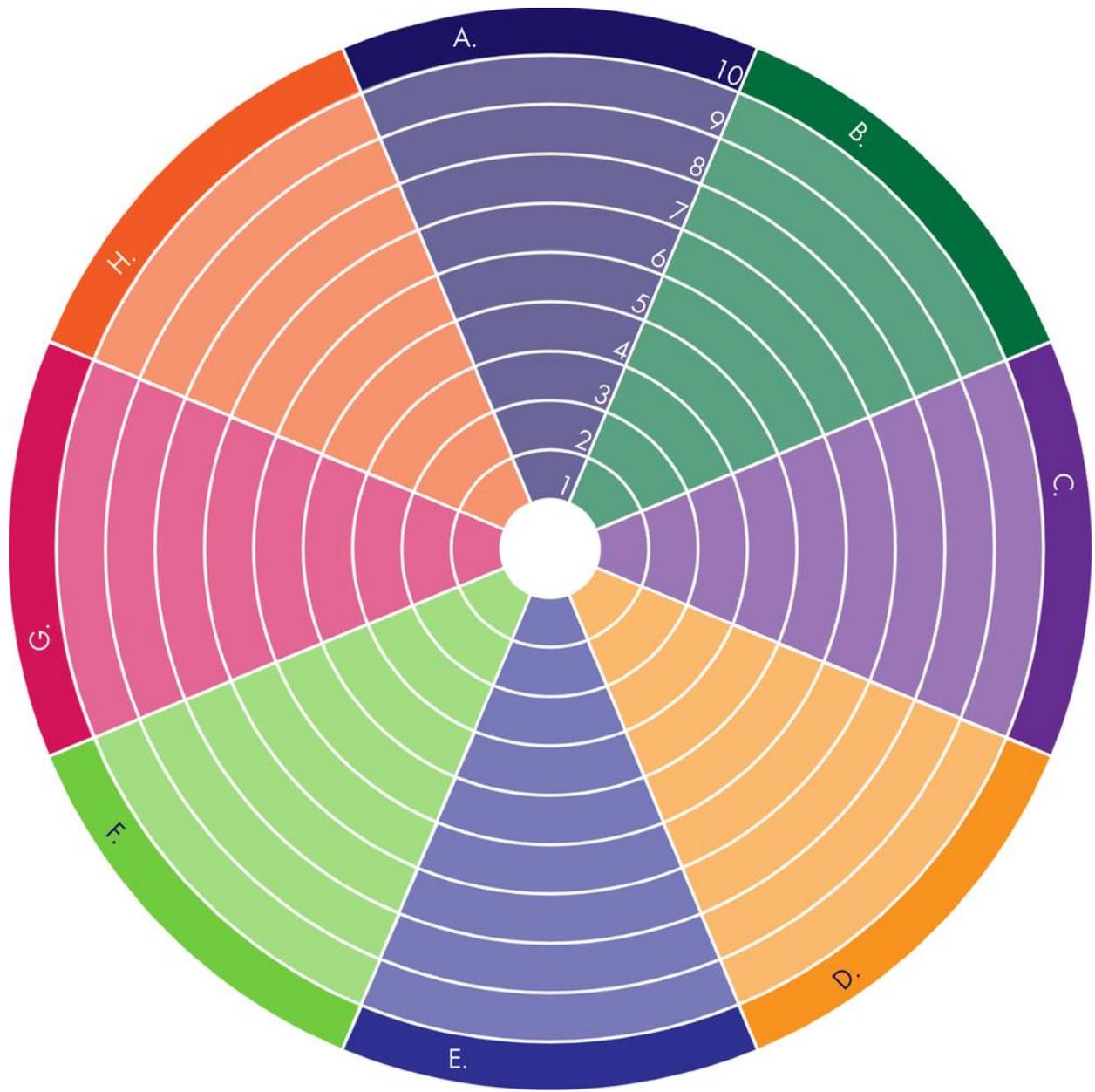
## **Family**

This includes your relationships with your immediate family as well as important extended family members. Do you feel like you have happy, secure, loving relationships? Are there specific people or groups of your family that you would like to be closer to or have better relationships with?

## **Social**

Finally, we get to social. To achieve balance in your wheel of life, you must also be filling your cup with social interaction. This includes your relationships with your friends and coworkers, but also your social schedule and how you spend your time. Perhaps you want to take up different activities when you are socializing or find a new group of friends that share a similar interest.





## Goal:

**S**

*specific*

What specifically am I trying to achieve?

**M**

*measurable*

How will I measure success?

**A**

*attainable*

What steps do I need to take to attain the goal?

**R**

*relevant*

Is this relevant for my long-term objectives? Is this the right time?

**T**

*time-bound*

What is the time frame for the goal?

# LEARNING BY APPLICATION



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*ENRICHMENT ACTIVITIES*

**Recommended  
Reading:**

**The Wheel of Life  
A Memoir of Living and  
Dying.**