

Life Design Purpose Wheel™

Use this worksheet to review six key dimensions of your life. Check the statements that apply to you, total your checks for each section (maximum 10), and plot your scores on the wheel below. As you look at your results, notice which areas matter most to you, where you feel strongest, and which lower-scoring areas may need more attention as you shape the next season of your life.

Step 1 - Assess Each Dimension

Health & Vitality

- Annual physical or health review completed within the past year
- Regular physical activity
- Balanced, nutritious meals most days
- Consistent sleep (7–8 hours)
- Regular stress-relief practices
- Preventative care (dentist, vision, screenings)
- Healthy relationship with substances
- Regular time outdoors
- Steady energy levels most days
- Other: _____

Total: _____

Service & Contribution

- Meaningful volunteer commitments
- Mentoring, coaching, or supporting others
- Involvement in a cause or charity
- Contribution to boards or committees
- Daily acts of kindness or generosity
- Alignment between contributions and values
- Clear sense of impact created
- Sustainable rhythm of service
- Sharing knowledge to help others grow
- Other: _____

Total: _____

Life Design Purpose Wheel™

Creativity & Play

- Regular time for hobbies or creative outlets
- Playfulness or fun built into your week
- Openness to new experiences
- Creative expression (art, music, writing, etc.)
- Moments of joy outside of work roles
- Activities where time passes easily
- Trying new things out of curiosity
- Celebrating progress over perfection
- Intentionally unscheduled time
- Other: _____

Total: _____

Connection & Relationships

- Quality time with partner or family
- Consistent contact with close friends
- Belonging to a community or group
- Intergenerational relationships
- Feeling supported by others
- Intentionally reaching out to others
- At least one 'growth friend'
- Routines that sustain connection
- Openness to new relationships
- Other: _____

Total: _____

Growth & Learning

- Learning through reading or courses
- Curiosity about new ideas
- Exposure to new perspectives
- Stretch goals that challenge you
- Time for reflection or personal growth
- Seeking feedback or coaching
- Relationships with people who think differently
- Learning a new skill or hobby in the past year
- Designed growth opportunities each week
- Other: _____

Total: _____

Life Design Purpose Wheel™

Financial Stability

- Clear picture of financial position and goals
- Saving or investing for future needs
- Intentional spending aligned with values
- Manageable debt
- Emergency fund in place
- Annual financial review
- Understanding retirement income sources
- Appropriate insurance coverage
- Discussing major financial decisions
- Financial habits that support what matters

Total: _____

Step 2 - Plot Your Wheel

Using the wheel diagram below, transfer each score (0-10) by placing a dot on the matching spoke. Connect each of your 6 dots with a line so it looks like a spider web.

