



WHEELS *Of Discovery*

WORKBOOK



Welcome!

This 3-part assessment series is geared towards helping you discover areas of your life that may need your attention in order to continue down the healing journey.

They will help shine a spotlight of multiple areas of your life, your needs, and your desires in order to help you grow and evolve. While they may seem similar at first, they each have different goals to help you quickly assess where you are in your life right now, and what areas need your attention.





In this exercise, you are asked to rate how satisfied you are with the different sections of your life. - like work, family, relationships, etc. Your answers should reflect how you feel right NOW in this moment and not how you felt in the past or how you wish to feel in the future.

Rating Life Sections

Please rate your level of satisfaction with each of your life sections using the scale below.

A score of 1 indicates that you are not satisfied at all, and a score of 10 means you are highly satisfied. If you feel that a life section is not relevant to you, you can skip rating that particular domain (using the arrow next to the title of that life domain).

Family Relationships

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

Friendships

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

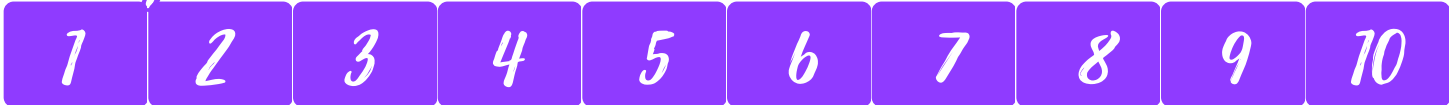
Romance/Intimate Partner



Not Satisfied/Unhappy

Very Satisfied

Money & Finances



Not Satisfied/Unhappy

Very Satisfied

Physical Health



Not Satisfied/Unhappy

Very Satisfied

Mental Health



Not Satisfied/Unhappy

Very Satisfied

Personal Growth



Not Satisfied/Unhappy

Very Satisfied

Home Environment

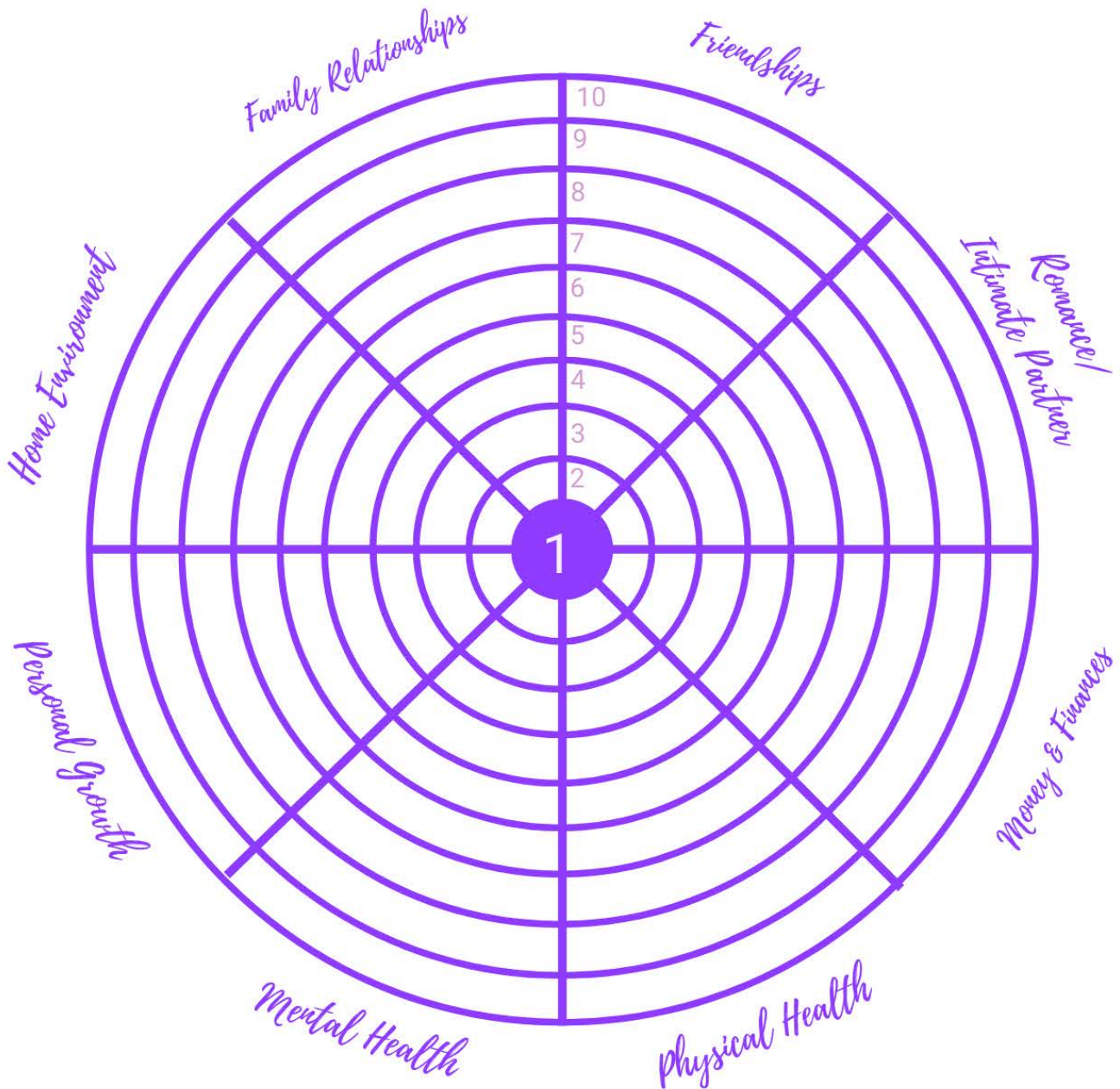


Not Satisfied/Unhappy

Very Satisfied

Wheels Rating Chart

Print out and color in this sheet for each category to help visualize your categories.



Now take a look at the completed scales. Are there **life sections that need your attention**, as indicated by a low satisfaction score?

If so, please list up to three life areas that need your attention below.

Life Section #1 that needs my attention:

This life section needs my attention because:

This is what I can do to raise my satisfaction in this area:

Life Section #2 that needs my attention:

This life section needs my attention because:

This is what I can do to raise my satisfaction in this area:

Life Section #3 that needs my attention:

This life section needs my attention because:

This is what I can do to raise my satisfaction in this area:

Congrats on completing this exercise!

Please note that your wheel of life is not a picture of the past. It is a **snapshot taken at this moment**, and because of this, it is subject to change.

This assessment provides you with information about the “now,” and it may help you to point out the gaps between what is true today and what you want for the future.

If you wish to improve certain life domains, try to **set realistic goals**.

Take little steps. Instead of trying to move from a 5 to a 9, focus on moving to a 6 first. Shift your focus from being the best to simply being better.



In this exercise, we are going to explore your needs and work towards meeting the needs that are unmet.

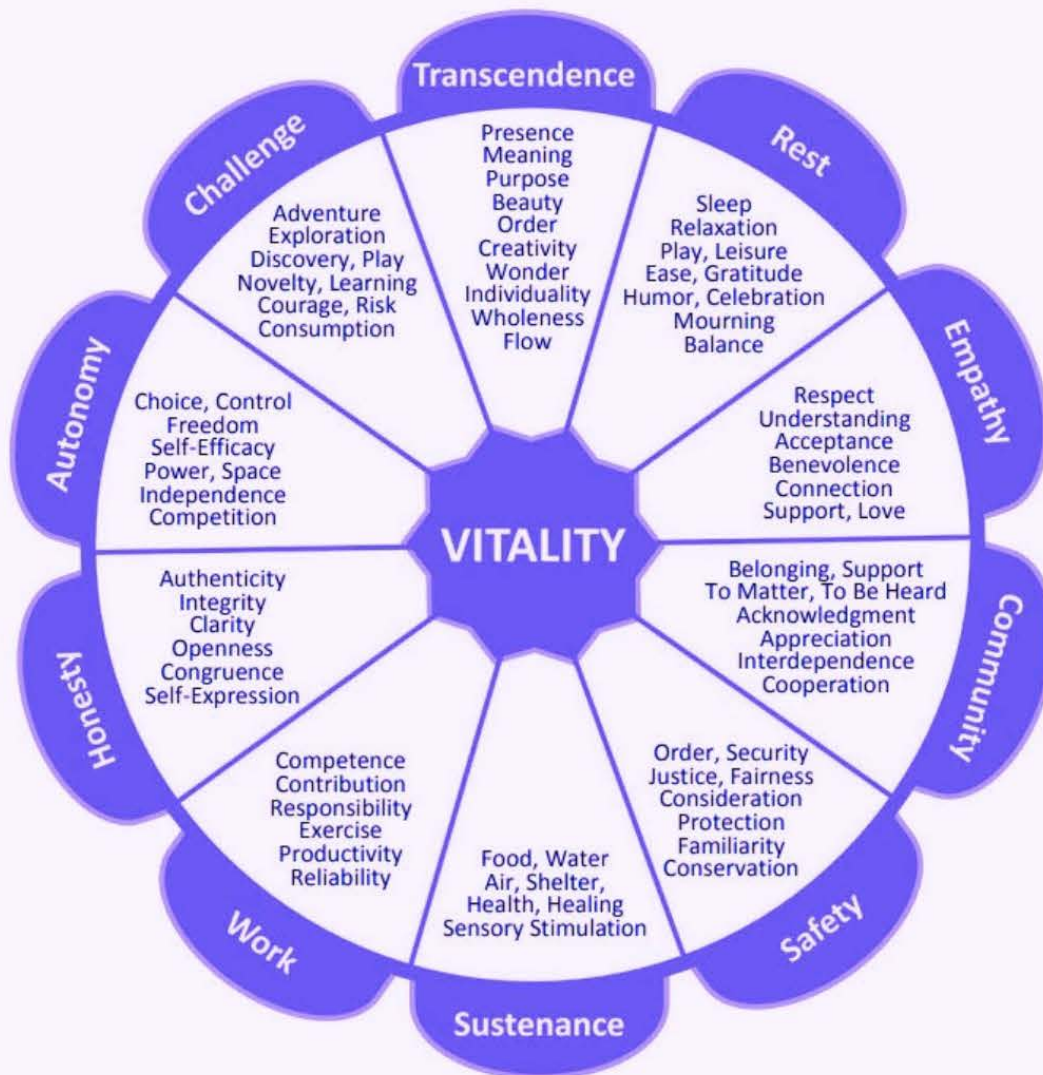
A need is something that is necessary for you to live a healthy and happy life.

Examples of needs include, rest, food, housing, safety and autonomy. Negative emotions generally indicate that our needs are not being satisfied (enough), while positive emotions signal that needs are satisfied.

When you are struggling with negative emotional states such as anxiety, depression, or feeling lost or unmotivated, it may help to explore how satisfied—or not satisfied—your basic psychological needs are at this time in your life.

The Wheel of Needs

Universal Human Needs



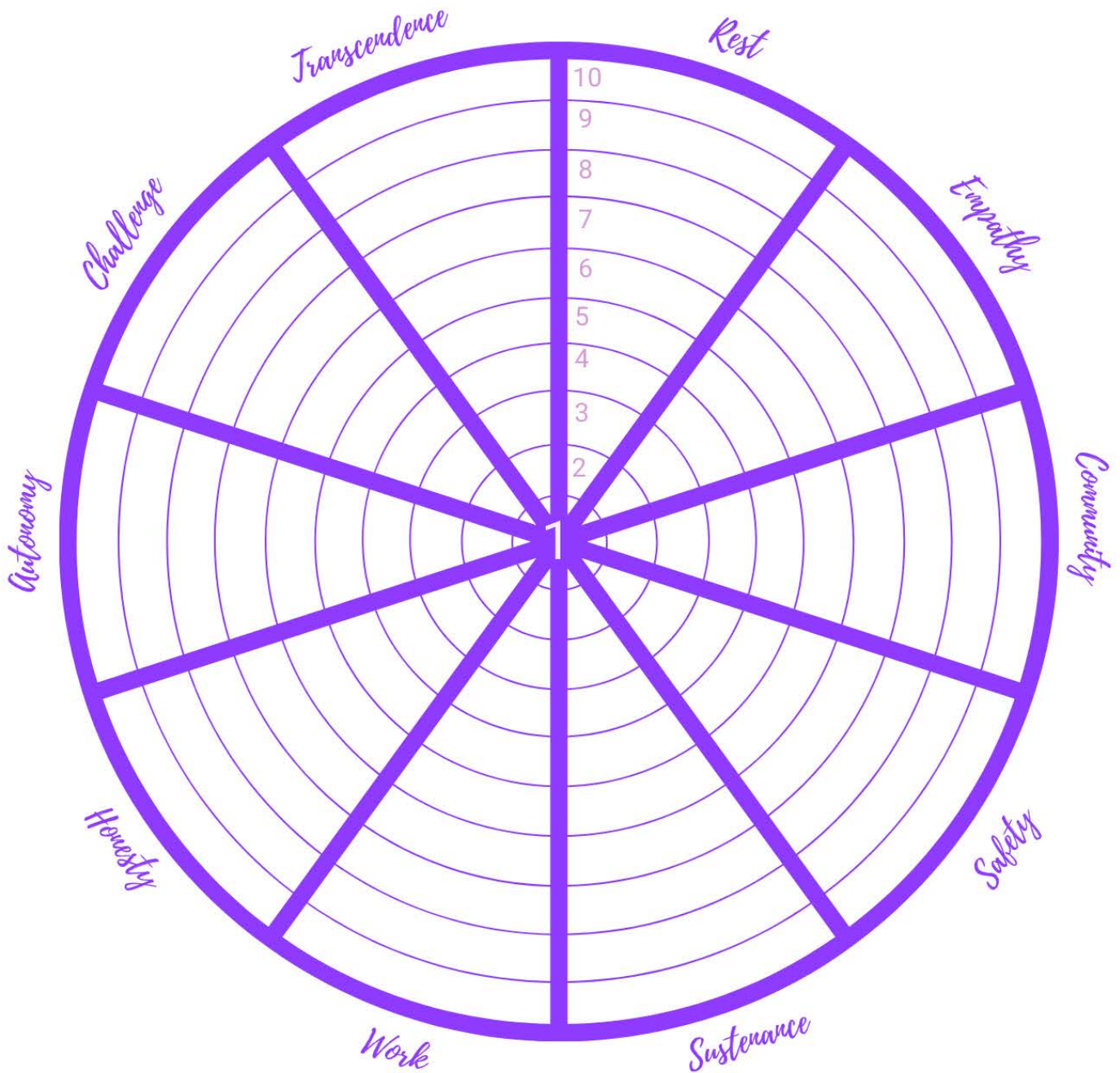
The figure shown here is known as the **Wheel of Needs**.

The Wheel of Needs includes ten different categories of needs, shown in bold text around the perimeter of the wheel. Each need wedge contains a list of words describing different examples of needs that belong to that particular category of needs to help you understand the full scope of the need category.

Take your time exploring all the categories to get a general gist of each need. Just like the previous exercise you will have a wheel you can print out and color in, as well as a scale rating.

Wheels Rating Chart

Print out and color in this sheet for each category to help visualize your categories.



Step 1. Rate Need Satisfaction Level

Now let's consider your personal needs. Please rate the level of fulfilment of each of the following need categories using the scale below.

A score of 1 indicates that this particular need category is not fulfilled at all, and a score of 10 means this category is completely fulfilled. If you feel that a need category is not relevant to you, you can skip rating that particular category.

Rest

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

Empathy

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

Community

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

Safety

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

Sustenance

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

Work

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Not Satisfied/Unhappy

Very Satisfied

Honesty

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

Autonomy

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Not Satisfied/Unhappy

Very Satisfied

Challenge

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

Transcendence

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

Step 2. List Lowest-Scoring Need

In the previous step, you rated how each of the ten psychological need categories is fulfilled for you. The need categories with lower scores (i.e., 6 and under) show us which needs may require the most attention right now.

In the space below, write down the need category with the lowest score out of 10 in the previous step. If several categories have low scores, please select the one that you feel requires the most attention right now.

My lowest scoring need category is ...

Step 3. Clarify what this Need Category Means to You

Now consider the need category you identified in step 2.

Which specific need or needs in this category are most important for you to address right now? In other words, which needs, if you would be able to satisfy them now, would improve your life the most?

For example, if you listed the need category 'community' in step 2, the needs that are most important to address right now could be 'support' and 'cooperation'.

You might draw from past experiences here, perhaps thinking about a time in your past when these needs were more satisfied and how that served you then. If you need to take another look at the Wheel of Needs for examples of needs within this category, you can find it below.

Take some time to reflect on the specific needs that you feel are most important to address, and list them below:

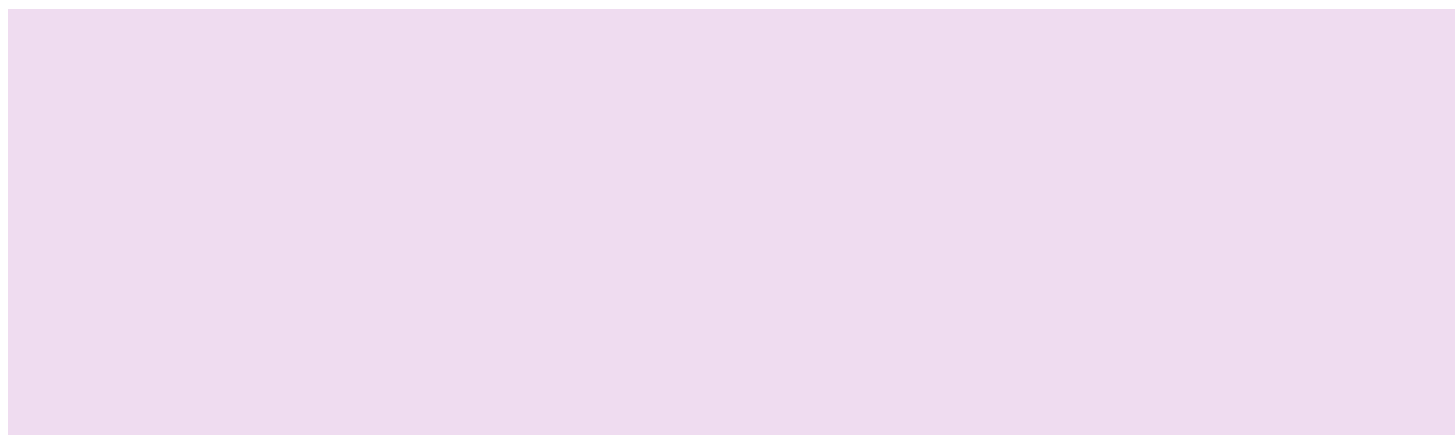
Step 4. Actions to Meet Needs

Think about actions that you could take now to work towards getting this need(s) met for you.

Remember that these actions do not have to be big or grand. Think about any action that might improve your rating of this need (Step 1) even by just one point.

Remember that our needs can get satisfied in many ways, so think about the different ways in which your needs could be met. For example, if you are looking to meet your need for 'love,' consider that as well as finding love in a partner, you can meet this need by spending more time with friends and family that you cherish, or the pet that you adore.

Write down any actions that you come up within the space below:



Congratulations on completing this exercise!



In this exercise, you are asked to rate how satisfied you are with the different areas in your life. It is similar to the wheel of life, however this worksheet focuses in on more specific parts of your life that have not already been rated.

For each life area, rate how satisfied you currently are with this section. If you feel that a life domain is not relevant to you, you can skip rating it completely and move on to the next.

Rating Your Life Domains

Life Domain #1 - Spiritual Connection

Having a spiritual connection means that you acknowledge a Higher force and seek to commune with the Divine to bring a deeper level of meaning to your life.

How satisfied are you with this life domain?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Not Satisfied/Unhappy

Very Satisfied

What do you feel you could do to **increase your level of satisfaction** in this domain?

What do you feel is **preventing you** from reaching a higher level of satisfaction?

Rating Your Life Domains

Life Domain #2 - Self-Esteem

Self-esteem means **liking and respecting yourself in light of your strengths and weaknesses, successes and failures, and ability to handle problems.**

How satisfied are you with this life domain?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Not Satisfied/Unhappy

Very Satisfied

What do you feel you could do to **increase your level of satisfaction** in this domain?

What do you feel is **preventing you** from reaching a higher level of satisfaction?

Rating Your Life Domains

Life Domain #3 - Goals & Values

Goals & Values are your beliefs about what matters most in life and how you should live, both now and in the future. This includes your goals in life, what you think is right or wrong, and the purpose or meaning of life as you see it.

How satisfied are you with this life domain?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Not Satisfied/Unhappy

Very Satisfied

What do you feel you could do to **increase your level of satisfaction** in this domain?

What do you feel is **preventing you** from reaching a higher level of satisfaction?

Rating Your Life Domains

Life Domain #4 - Play & Recreation

Play means what you do in your free time to relax, have fun, or improve yourself. This could include watching movies, visiting friends, or pursuing a hobby like sports or gardening.

How satisfied are you with this life domain?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Not Satisfied/Unhappy

Very Satisfied

What do you feel you could do to **increase your level of satisfaction** in this domain?

What do you feel is **preventing you** from reaching a higher level of satisfaction?

Rating Your Life Domains

Life Domain #5 - Learning & Education

Learning means gaining new skills or information about things that interest you. Learning can come from reading books or taking classes on subjects like history, car repair, or using a computer.

How satisfied are you with this life domain?

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

What do you feel you could do to **increase your level of satisfaction** in this domain?

What do you feel is **preventing you** from reaching a higher level of satisfaction?

Rating Your Life Domains

Life Domain #6 - Creativity

Creativity is using your imagination to come up with new and clever ways to solve everyday problems or to pursue a hobby like painting, photography, or needlework. This can include decorating your home, playing the guitar, or finding a new way to solve a problem at work.

How satisfied are you with this life domain?

1	2	3	4	5	6	7	8	9	10
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Not Satisfied/Unhappy

Very Satisfied

What do you feel you could do to **increase your level of satisfaction** in this domain?

What do you feel is **preventing you** from reaching a higher level of satisfaction?

Rating Your Life Domains

Life Domain #7 - Helping Others

Helping means helping others (not just friends or relatives) in need or helping to make your community a better place to live. Helping can be done on your own or in a group like a church, a neighborhood association, or a political party. Helping can include doing volunteer work at a school or giving money to a good cause.

How satisfied are you with this life domain?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Not Satisfied/Unhappy

Very Satisfied

What do you feel you could do to **increase your level of satisfaction** in this domain?

What do you feel is **preventing you** from reaching a higher level of satisfaction?

Rating Your Life Domains

Life Domain #8 - Neighborhood

Neighborhood is the area around your home. Think about how nice it looks, the amount of crime in the area, and how well you like your neighbors.

How satisfied are you with this life domain?

1	2	3	4	5	6	7	8	9	10
Not Satisfied/Unhappy					Very Satisfied				

What do you feel you could do to **increase your level of satisfaction** in this domain?

What do you feel is **preventing you** from reaching a higher level of satisfaction?

Congratulations on completing this exercise! This completes your wheels of assessments.