

HOW TO USE

# The Life Satisfaction Wheel To Discover What You Want

In Your Empty Nest Season

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## Welcome to How to Use the Life Satisfaction Wheel:

This is the Life Satisfaction Wheel that I use with my clients to help them reflect on what's working in their life and what isn't. In each area of the circle, ask yourself on a scale of 0-10 how satisfied you are with that part of your life.

In order to get a 10, your life doesn't have to be perfect, but you are happy where you are with that aspect of your life. A 10 just means that you don't feel the need to make changes to that part of your life right now. The real magic come as you reflect on your answers to the questions below. Ask yourself these questions for every section in the Wheel.

Some clients have questions about the "Career" section of the wheel. The term "Career" is what you do with the bulk of your hours during the day. If you stay at home or are retired, this still applies to you.

### **Here are some questions to ask yourself after filling out the Life Satisfaction Wheel:**

- Why did I give myself this score in this category?
- What would a 10 look like?
- What am I willing to do to get a 10?
- How would I prioritize each category?
- What are my top 5 priorities?
- Am I spending my time on the things most important to me?

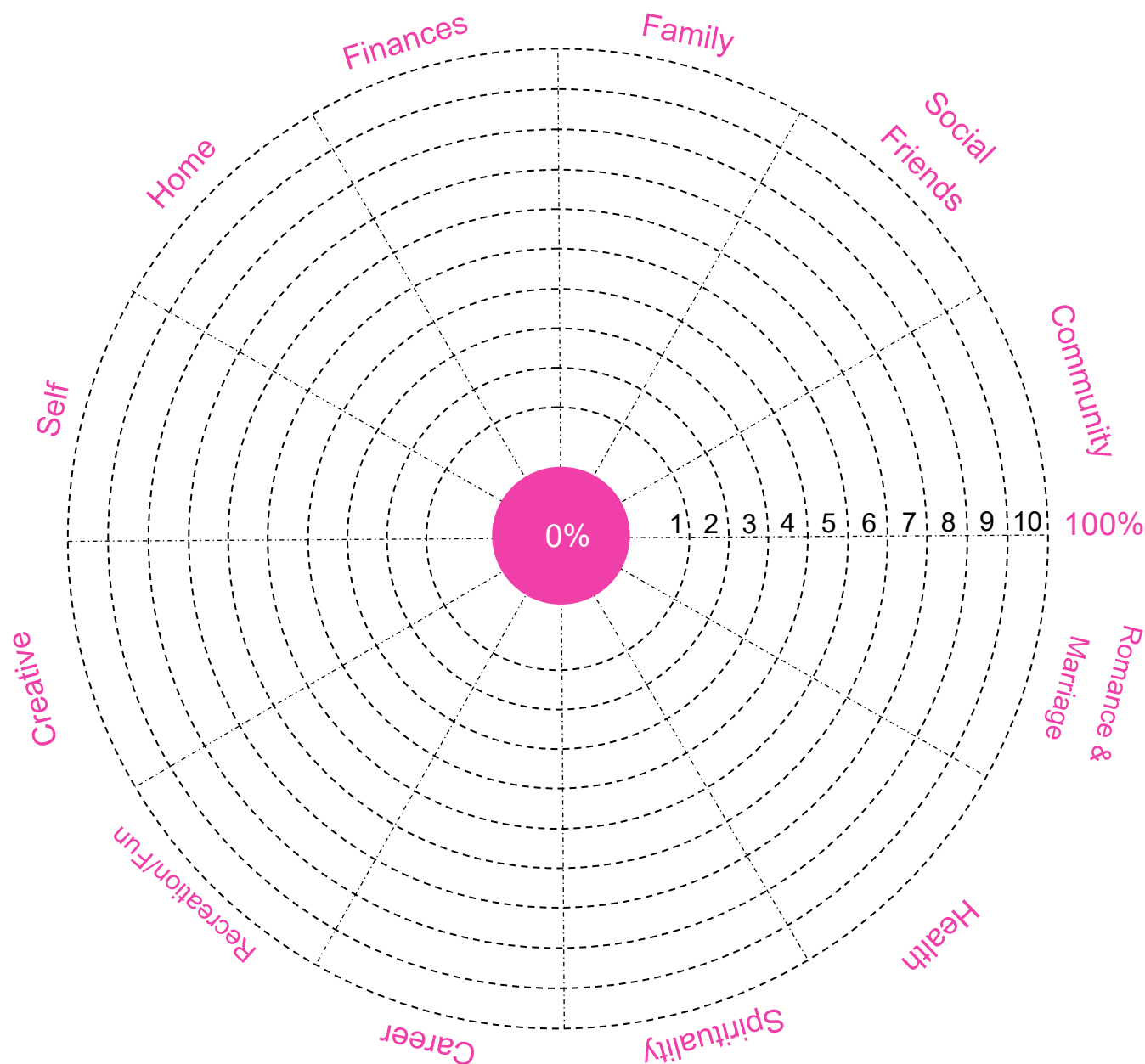
If you find this Life Satisfaction Wheel helpful, you might enjoy working with me to really do a deep dive and discover who you are, what you want in your life and how to get it.

Visit my website at [JenniebCoaching.com](https://JenniebCoaching.com) or email me at [Jennifer@JenniebCoaching.com](mailto:Jennifer@JenniebCoaching.com)

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# Consider each section of the Life Satisfaction Wheel.

On a scale of 0-10, how satisfied are you with this area of your life. 0 means you aren't satisfied with that part of your life. 10 means, things may not be perfect, but you are satisfied with that part of your life.



	Family		Health		Creative
	Social/Friends		Spirituality		Self
	Community		Career		Home
	Romance & Marriage		Recreation/Fun		Finances/Wealth