

# The Vibe Assessment Tool

The Wheel is a simple but powerful tool designed to help you get a graphical representation of the present balance between different areas regarding your life and identify which will most benefit you by improving.

The eight sections represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by filling in that piece of the pie to that level. You can use the 8 categories in this sample or determine the 6 to 12 most important categories in your life and create your own wheel.

Use the following questions to help you determine how you would rate each life area on a scale of 1 to 10.

**Career** Is my job rewarding? Does it reflect my values? Do I have opportunity for advancement?

**Money** Do I earn enough and live within my means? Do I save enough? Am I planning for financial freedom?

**Health** Am I generally fit and well? Do I eat healthily? Do I exercise regularly?

**Significant other/Romance** Do I have/want a soul mate? Do we share values and intimacy? Am I nurturing the relationship we have with each other?

**Friends and Family** Do I have/want a close circle of friends? Do I spend enough time with family and friends? Do I value the relationship we have with each other?

## **Personal Growth**

Am I continually learning new things? Do I enjoy new opportunities for growth? Are the things I do growing me as a person?

## **Fun and Recreation**

Do I have fun often? Do I know how to relax? Do I enjoy sports or have hobbies?

**Physical Environment** I like the area in which I live? Is my home comfortable, tidy and warm? Do I keep my appearance smart? Is my car serviced and reliable?