

Wheel of Life Assessment: Build Your Kingdom

Purpose of the Wheel of Life Assessment

The Wheel of Life is a brutally honest tool from psychology that cuts through the noise and shows you where your life needs focus. It's not about feeling good or pretending everything's fine. It's about seeing the real state of your domain so you can take ownership and build it with purpose.

This assessment helps you map out the key areas that make up your life's kingdom. It's a snapshot of your current reality, not a wish list. By measuring how satisfied you are in each area, you get clear on where you're thriving and where you're neglecting your power.

How This Relates to the King Archetype

Your life is your kingdom. The Wheel of Life categories represent the territories you must master to embody the King fully. Financial stability, physical vitality, spiritual depth—these are the pillars of your domain. When one area is weak, the whole kingdom suffers.

This worksheet is your first step in claiming sovereignty over your life. You're not here to admire the problem; you're here to do the work. Balance the opposites. Integrate your energies. Build your domain with wisdom and strength.

Your Assignment: Take the Wheel

1. Rate your satisfaction by shading in each category from 1 to 10. Be honest—this is your reality, not a resume.
2. Identify the three lowest scores. These are the territories where your kingdom is vulnerable.
3. Ask yourself:
 - What am I avoiding in these areas?
 - What truths am I not facing?
 - What is the next concrete step to reclaim this part of my domain?
4. Commit to your inner workout. Sovereignty demands action, not excuses.

Remember: The King archetype calls you to integrate all parts of your life. Fragmentation weakens your reign. Balance your domains, and you become more creative, radiant, and alive.

The Life Wheel Categories

Money and Finances

Your kingdom's treasury. Are you managing resources wisely? Are you building wealth or living hand to mouth?

Career and Work

Your contribution and legacy. Does your work align with your vision? Are you growing or stuck?

Health and Fitness

The foundation of your power. Is your body strong, resilient, and ready for the challenges ahead?

Fun and Recreation

The fuel for your spirit. Are you allowing yourself joy and renewal, or just grinding endlessly?

Community

Your broader tribe. Are you connected to people who support your growth and values, or isolated and disconnected?

Family and Friends

Your inner circle. Are these relationships nourishing your soul or sapping your energy?

Partner and Love

The intimate realm. Is your love life a source of strength and growth, or tension and distraction?

Personal Growth and Learning

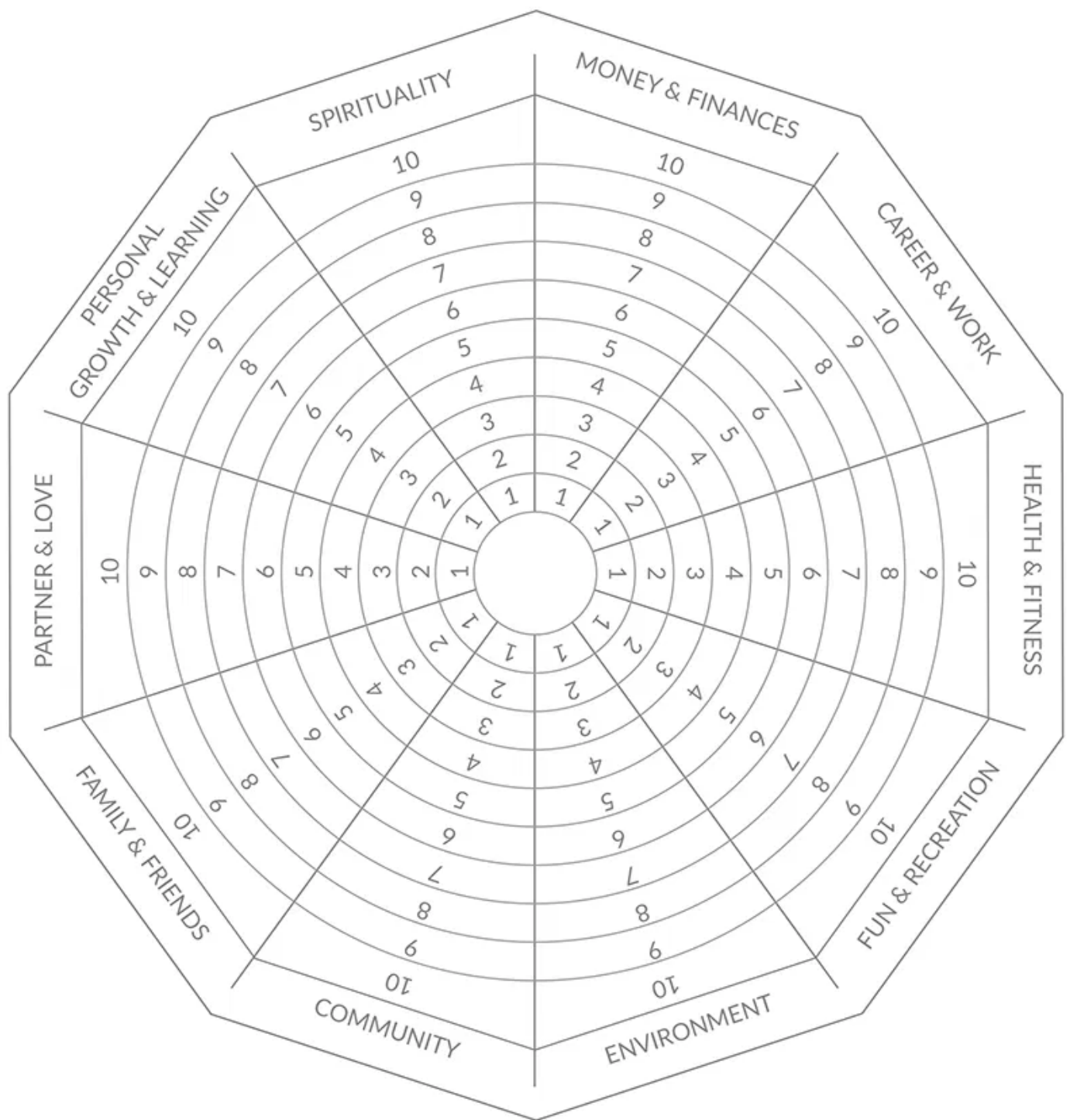
Your inner kingdom's expansion. Are you committed to deepening your wisdom and skills, or stuck in complacency?

Spirituality

Your connection to something greater. Are you grounded in a higher purpose and meaning, or adrift in superficiality?

Environment

Your physical and mental territory. This means the spaces you inhabit—your home, workspace, and mental landscape. Are they ordered, inspiring, and supportive of your growth, or chaotic and draining?



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