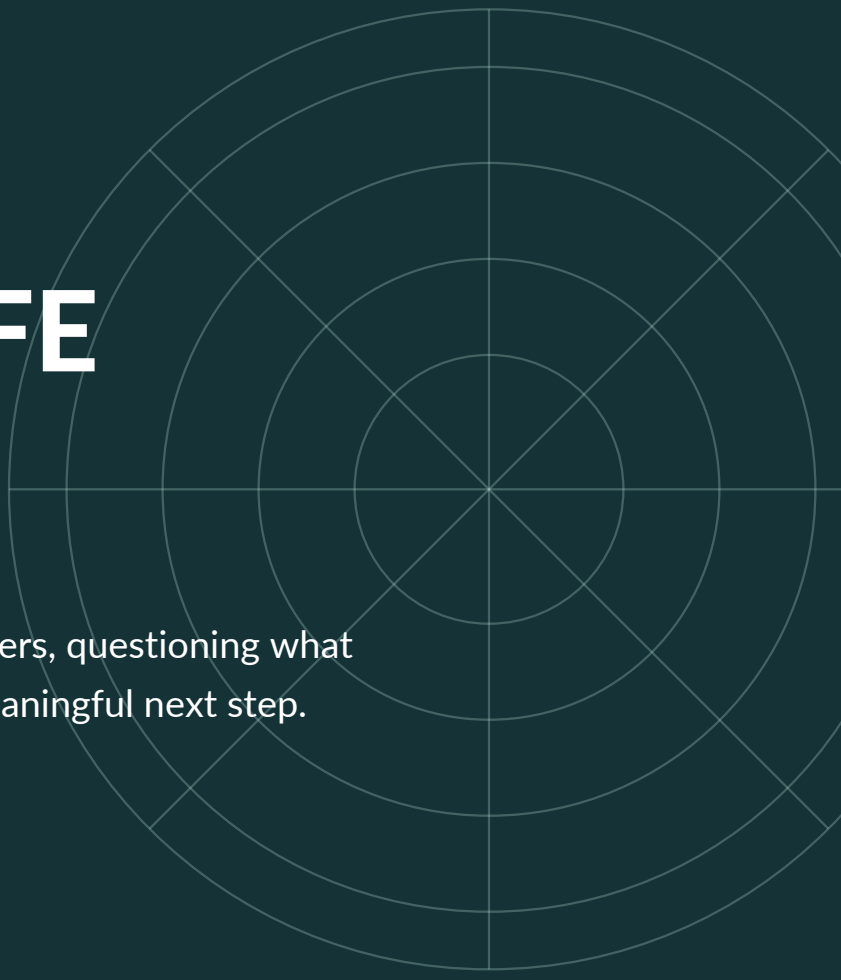
TOTAL INTEGRATED THERAPY

THE WHEEL OF YOUR LIFE

LOOK BEYOND THE SCORE

A guided exercise for seeing what matters, questioning what keeps happening, and choosing one meaningful next step.



You do not need a perfectly balanced life. You need a clearer picture of what is working, what is not, and what deserves your attention.

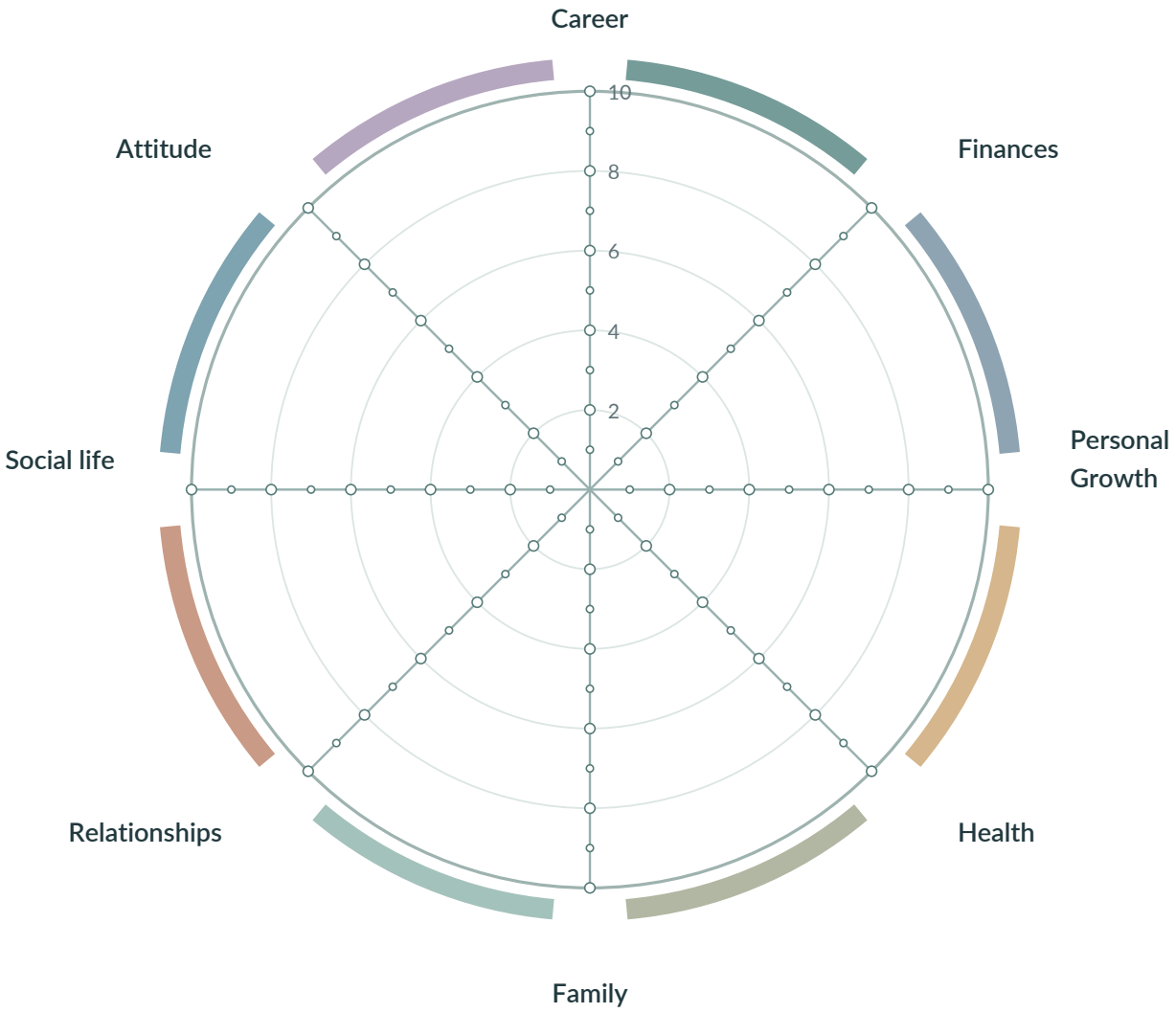
- **NOTICE**
  Rate eight areas as they feel today.
- **CHOOSE**
  Explore what matters, not only the lowest number.
- **INVESTIGATE**
  Look beneath the label and the assumption.
- **TEST & LEARN**
  Try one small change, then check the evidence.

Adapted and expanded from David and Kim Ryder's original 2015 worksheet

01 / NOTICE

Draw the picture.

For each area, mark how satisfied you feel **today**: 0 is not at all satisfied; 10 is deeply satisfied. Connect the eight marks if you like. Trust your first thoughtful answer; this is not a test.



A FEW FIRST IMPRESSIONS

What is better than I expected?

What would I like to understand more clearly?

02 / CHOOSE

Follow what matters.

A low score can be important, but it is not an instruction. Sometimes a 4 reflects a deliberate trade-off, while a recurring problem in an area rated 7 deserves attention.

THREE WAYS TO CHOOSE YOUR FOCUS

01	**IMPORTANCE**	Where does this touch something I deeply value?
02	**REAL-LIFE COST**	Where is the gap affecting daily life or relationships?
03	**INFLUENCE**	What could I change, ask for, practice, or get help with?

The ONE area I want to explore first:

Why does this matter to me now?

If this improved, what would I actually notice in everyday life?

A useful reminder
Your scores describe your experience today. They do not grade your character, your relationships, or anyone else.

03 / INVESTIGATE

Go beneath the score.

Choose one real example rather than trying to explain your whole life at once. Write plainly. Your first draft is information, not a conclusion you must defend.

1. What, specifically, is not working?

Describe one recent moment, rather than giving the problem a label.

2. How do I know?

What did I observe? What am I interpreting or assuming?

3. What does it mean to me?

Why does this matter? Could there be another plausible explanation?

4. What happens next?

What do I feel, notice in my body, do, avoid, or say?

5. What keeps the pattern going?

Consider habits, pressures, unmet needs, and things outside my control.

Stay curious, not self-blaming. Some difficulties need practical changes, outside support, or safer conditions—not a more positive interpretation.

04 / TEST

Turn insight into an experiment.

You do not have to fix the entire situation. Choose one small action within your influence and see what it teaches you. If the issue calls for a boundary, a conversation, or outside help, that may be the useful next step.

MY ONE-WEEK EXPERIMENT

When _____ ,

I will _____ .

Why is this particular step worth trying?

What might get in the way? What is an easier version?

What help, request, or boundary would support me?

What real-life change will tell me it helped?

START DATE _____ **CHECK-IN DATE** _____

Seven days is a checkpoint, not a deadline for becoming a new person.

05 / LEARN

Come back to the evidence.

At your check-in, compare your intentions with what actually happened. Even an unsuccessful experiment can be useful if it reveals what needs to change.

What did I actually try, and what happened?

What changed, even slightly, in everyday life?

What stayed the same, or surprised me?

What is the next useful question or step?

IF YOU WANT A SECOND SET OF EYES

Sometimes a pattern becomes easier to understand in conversation. If you want to explore what keeps happening, tell me what you have tried and what you want to be different. We can start there.

David Ryder • Total Integrated Therapy totalintegratedtherapy.com