

MCP SERVER

NO CODE

CLOUD HOSTED

Life Satisfaction Wheel MCP

Quantify Your Balance, Pinpoint Where You Need Focus.

Life Satisfaction Wheel provides a diagnostic framework to map and quantify your overall life balance. Stop guessing where you need improvement; use this MCP to take raw ratings across different areas of life—like career, health, or relationships—and instantly get actionable metrics. It figures out which dimensions are dragging down your overall well-being and gives you the data needed for real self-improvement planning.

A+ Quality Score 100/100

self-improvement

well-being

assessment

life-balance

metrics



The infrastructure that powers AI agents in the real world.



Vinkius connects AI to the world's software through secure, enterprise-grade infrastructure — enabling real-world execution at scale, built on the Model Context Protocol (MCP).

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the cloud infrastructure where AI agents connect to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Life Satisfaction Wheel MCP

3 tools available

Cloud-hosted on Vinkius

This connector helps you evaluate how balanced your life really is by scoring multiple key areas of your existence. Instead of just feeling 'okay,' this MCP turns vague feelings into measurable numbers, giving you a clear picture of where to focus your energy next. You input simple scores for different parts of your life—your work, your finances, your relationships—and the system runs deep diagnostics. It calculates an overall average score and points out exactly which areas are lagging behind. Everything is processed through Vinkius, meaning you connect once from any compatible agent and get instant access to this diagnostic tool. You walk away with actionable insight into your stability and well-being.

Core Capabilities

01 — Determine overall life score

It calculates a single average number that represents your total satisfaction across every dimension of your life.

02 — Pinpoint the weakest area

The MCP identifies the specific life dimension where you scored lowest, signaling the most urgent focus area.

03 — Measure imbalance index

It calculates a metric showing how far apart your scores are across different aspects of your life.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/mcp/life-satisfaction-wheel — connect your AI agent in three steps.

- 01 You feed the MCP specific satisfaction ratings for various areas of your life (e.g., Career: 70, Health: 90).
- 02 The system processes these raw inputs, running multiple analyses to check the average score and measure discrepancies between categories.
- 03 It returns a clear global satisfaction number, highlights the critical area needing attention, and provides an imbalance index.

The bottom line is that you get quantitative data proving exactly where your life balance issues lie.

Built For

Life coaches, therapists, HR managers running wellness programs, and personal development enthusiasts. If you're tired of general advice about 'balance,' this MCP gives you the hard metrics needed to prove your needs and track real progress.

Wellness Coach

They use it to run diagnostic sessions with clients, generating a report that immediately shows the client's most critical area needing focus.

Human Resources Manager

They incorporate it into employee wellness programs, analyzing departmental scores to pinpoint systemic stress points in job roles or company culture.

Therapist/Counselor

They use the imbalance metrics with clients to guide conversation toward specific life dimensions that require emotional work.

What Changes When You Connect

- 01 You stop guessing. Instead of general advice, the `calculate_global_satisfaction` tool gives you a single average number for your total well-being, letting you track improvement over time.
- 02 It tells you where to focus first. Use `identify_critical_area` to instantly pinpoint the life dimension—like health or career—that requires immediate attention and effort.
- 03 You see the gaps. The system calculates a specific imbalance index via `measure_imbalance`, showing how far apart your scores are, which is more useful than just looking at individual numbers.
- 04 It's objective data. This MCP takes subjective feelings and turns them into concrete metrics, giving you evidence to discuss with coaches or therapists.
- 05 Quick diagnosis. You don't need hours of journaling. Just input the ratings, run the tools, and get a clear diagnostic snapshot of your life balance.

Real-World Applications

Need to prove burnout to management

An employee inputs scores showing high job satisfaction but critically low 'Leisure' and 'Health.' Their agent runs `identify_critical_area`, proving that work-life imbalance, not just workload, is the core issue.

Starting a new fitness routine

A user wants to improve their overall score. They use `calculate_global_satisfaction` first, establishing a baseline number. Then they focus on raising scores in 'Health' and 'Fitness' dimensions.

Evaluating relationship health after a conflict

A user inputs their joint ratings for 'Relationships.'
Running ``measure_imbalance`` shows that while both partners score highly on 'Communication,' the imbalance index points to unresolved issues in 'Trust.'

Goal setting for personal development

Instead of vague goals, a person runs all three tools. They find their global satisfaction is 65, but the system flags 'Spirituality' as critical and 'Finance' as highly imbalanced, directing precise goal creation.

Patterns to Avoid

Only looking at individual scores

X AVOID

Looking only at a score of 40 in 'Career' and thinking that's the **only** problem. This misses how low career drags down overall life satisfaction.

✓ INSTEAD

Don't just look at one number. Use ``calculate_global_satisfaction`` to see your total well-being first, then use ``identify_critical_area`` to confirm which specific dimension needs the most work.

Assuming low scores mean failure

X AVOID

Thinking that because 'Leisure' is 50, you are a complete failure. This ignores how bad leisure affects other areas.

✓ INSTEAD

Always check the imbalance index using ``measure_imbalance``. It tells you if your life is unevenly weighted, which suggests structural changes are needed across multiple domains.

The Right Fit

Use this MCP if your problem isn't 'what should I do?' but rather 'where exactly should I start?' You need objective metrics to diagnose imbalance. This tool provides the hard data—the single score, the most critical area, and the index of discrepancy. Don't use it if you just need motivational content or general tips; those are qualitative. If your goal is merely self-reflection without a defined starting point, other journaling or mood tracking tools might work better. But when you need to prove *where* your biggest weakness lies in measurable terms, this MCP is necessary.

Figuring out if life balance is just 'a feeling'

Most people deal with vague feelings of being 'off balance.' They talk about needing to improve their work-life fit or that they feel stressed, but those are just labels. They end up making lists of things to fix—'I need more sleep,' 'I need better boundaries'—without knowing which one is the root problem.

With this MCP, you don't rely on gut feeling. You get concrete numbers. Instead of saying, 'My life feels unbalanced,' you can say, 'My overall global satisfaction score dropped 15 points because my relationships and leisure scores are significantly lower than my career score.' The data does the talking.

Life Satisfaction Wheel MCP: Know Your True Baseline

You eliminate guessing games. You don't have to guess which dimension is weakest or if your issues are isolated incidents. The tools immediately provide a clear diagnosis, identifying the precise area you need to target first.

Now, instead of just hoping things get better, you can track it. You establish a baseline with `calculate_global_satisfaction`, run diagnostics on the problem areas, and then measure your progress using the same metrics.

Life Satisfaction Wheel MCP with 3 Tools


These tools let you calculate your overall well-being, find the weakest part of your life, and measure how unbalanced your various scores are.

#	TOOL	DESCRIPTION
01	<code>identify_critical_area</code>	Finds the single life dimension that currently holds your lowest satisfaction score.
02	<code>measure_imbalance</code>	Calculates a numerical index representing how unevenly scored your various life dimensions are.
03	<code>calculate_global_satisfaction</code>	Generates an average score across all inputted areas to give one overall picture of your well-being.


See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.


- U** Calculate my global satisfaction score for these ratings: {"Career": 80, "Health": 70, "Finance": 60, "Relationships": 90, "Leisure": 50, "Spirituality": 75}.

 Your global satisfaction score is 70.83.

- U** Which area of my life is most critical based on these scores: {"Career": 40, "Health": 90, "Finance": 85}.

 The most critical area is Career.

- U** How much imbalance is there in my life with these ratings: {"Career": 10, "Health": 95}.

 The imbalance index is 85.

Frequently Asked Questions

01 How does the Life Satisfaction Wheel MCP calculate my overall score?

It averages your ratings across all dimensions to give one single number for global satisfaction. This helps you track how much better or worse your total well-being is over time.

02 If I use the Life Satisfaction Wheel MCP, can it tell me what my biggest problem is?

Yes. The `identify_critical_area` tool immediately points out the specific life dimension where you scored the lowest, directing your focus to the most important area first.

03 Is Life Satisfaction Wheel MCP better than just looking at my individual scores?

Absolutely. Using ``measure_imbalance`` shows the gap between areas. This index is more powerful than any single score because it highlights how unevenly weighted your life is.

04 What data do I need to use Life Satisfaction Wheel MCP?

You just need a set of numerical scores for different aspects of your life, like 'Health,' 'Finance,' or 'Career.' The MCP takes those raw ratings as input.

05 Can the Life Satisfaction Wheel MCP track my progress over months?







Yes. By repeatedly using ``calculate_global_satisfaction`` with new scores, you can generate a quantifiable record of how well your life balance is improving.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"life-satisfaction-wheel": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  **Ask ChatGPT** 
-  **Ask Claude** 
-  **Ask Perplexity** 
-  **Ask Gemini** 
-  **Ask Grok** 

READY TO CONNECT

Life Satisfaction Wheel is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

[Start at cloud.vinkius.com](https://cloud.vinkius.com) →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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