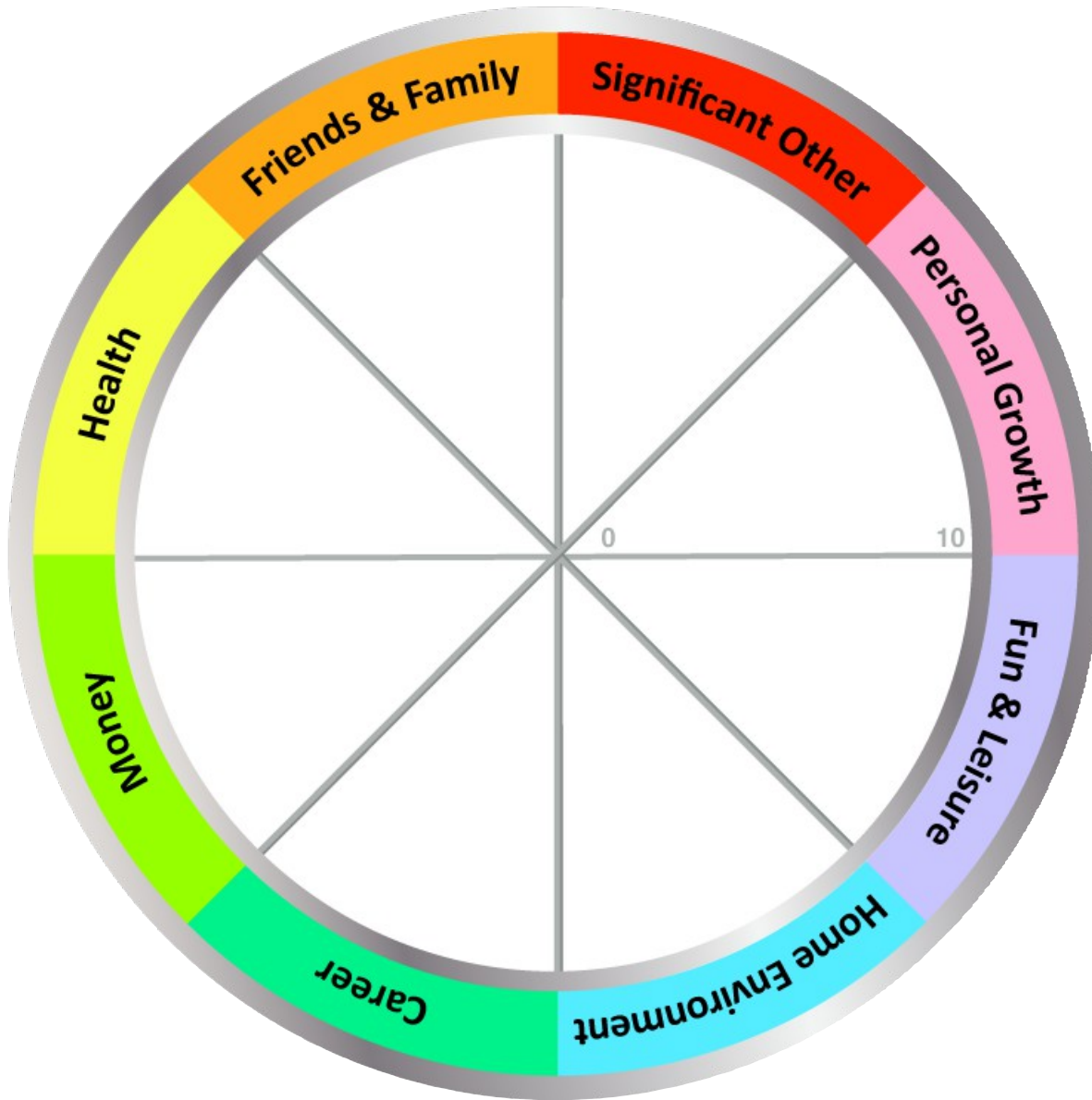




# Your Wheel of Life!

YOUR NAME: \_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_





# Your Wheel of Life!

## The Wheel of Life Exercise – Instructions

### Detailed Instructions:

1. Review the 8 categories on the Wheel of Life. The categories should together create a view of a balanced life for you. If necessary you can split category segments to add in something that is missing, or re-label an area to make it more meaningful for you. Examples of changes are:
  1. **Family and Friends:** Split "Family and Friends" into separate categories.
  2. **Significant Other:** Changing the category name to "Dating", "Relationship" or "Life Partner".
  3. **Career:** Changing the category name to "Motherhood", "Work", "Business" or "Volunteering".
  4. **Finances:** Changing the category name to "Money", "Financial Security" or "Financial Wellbeing".
  5. **Health:** The category name could be split or changed to "Emotional", "Physical", "Fitness", "Spiritual" or "Wellbeing".
  6. **Home Environment:** The category could split or change to "Work Environment" for career or business clients.
  7. **Fun & Leisure:** The category name could change to "Recreation"
  8. **Personal Growth:** The category name could change to "Learning", "Self-Development" or "Spiritual"
  9. Other categories to add could include "Security", "Service", "Leadership", "Achievement" or "Community".
2. Ask yourself to think about what success or satisfaction would feel like for each area.
3. Now rank the level of satisfaction with each area of your life by drawing a line across each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied you are currently with each category in your life.
4. This new perimeter of the circle represents your Wheel of Life. "Is it a bumpy ride?"
5. Now, looking at your wheel dive deeper, ask yourself the following questions:
  1. Are there any surprises for you?
  2. How do you feel about your life as you look at your Wheel?
  3. How do you *currently* spend time in these areas? How would you *like* to spend time in these areas?
  4. What would make that a score of 10?
  5. What would a score of 10 look like?
  6. Which of these categories would you *most* like to improve?
  7. How could you make space for these changes in your life?
  8. What help and support might you need from others to make changes and be more satisfied with your life?
  9. What change *should* you make first? And what change do you *want* to make first?
  10. If there was one key action you could take that would begin to bring everything into balance, what would it be?
6. Taking action - the final step. "What is the smallest step you could take to get started?" To wrap-up the exercise you can ask yourself to identify one action for each area, and then pick 1-3 actions to get started.