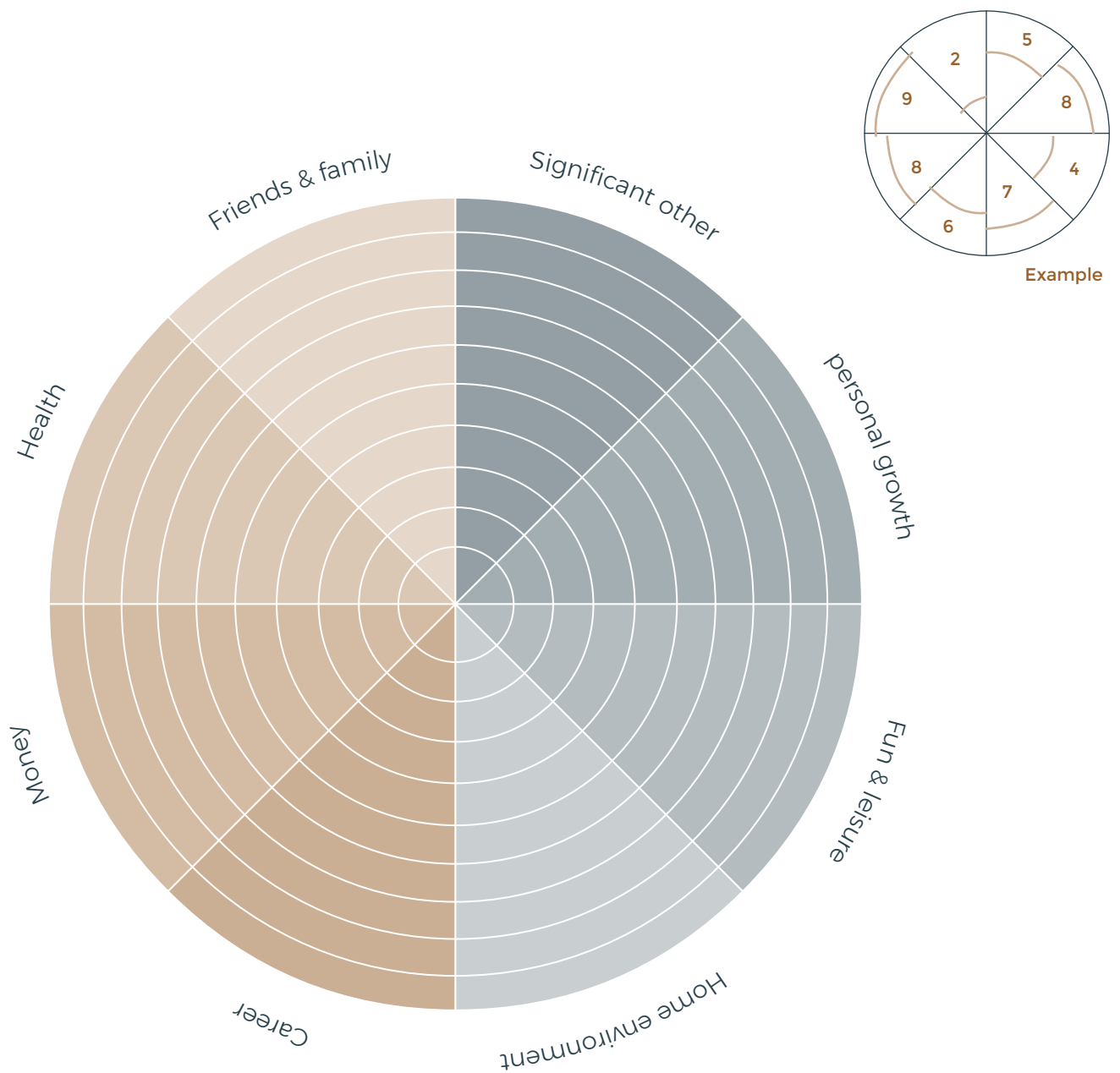


Wheel of life



Complete the wheel

1. Review the eight wheel categories — think briefly what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment that represents your satisfaction score for each area.
 - Imagine the centre of the wheel is 0 and the outer edge is 10
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
 - Now draw a line and write the score alongside (see example above)

Wheel of life — Detailed Instructions



1. Review the 8 categories on your Wheel of Life. The categories should together create a view of a balanced life for you. If necessary they 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:
 - **Family and Friends:** Split into separate categories
 - **Significant Other:** Changing the category name to 'Dating', 'Relationship' or 'Life Partner'
 - **Career:** Changing the category name to 'Motherhood', 'Work', 'Business' or 'Volunteering'
 - **Finances:** Changing to 'Money', 'Financial Security' or 'Financial Wellbeing'
 - **Health:** The category name could be split or changed to 'Emotional', 'Physical', 'Spiritual' or 'Wellbeing'
 - **Home Environment:** The category could split or change to 'Work Environment' for career or business
 - **Fun & Leisure:** The category name could change to 'Recreation'
 - **Personal Growth:** Could change to 'Learning', 'Self-Development' or 'Spiritual'
 - **Other categories** to add could include 'Security', 'Service', 'Leadership', 'Achievement' or 'Community'
2. Think about what success would feel, look, be like for each area. Describe it.
3. Now rank your 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 they are currently with each category in their life in relation to your goal.
4. The new perimeter of the circle represents your Wheel of Life.
5. Now, looking at the wheel here are some great questions to ask to take the exercise deeper:
 - Are there any surprises for you?
 - What would make that a score of 10?
 - What would a score of 10 look like?
 - Which of these categories would you most like to improve?
 - How could you make space for these changes in your life?
 - What help and support might you need from others to make changes and be more satisfied with your life?
 - What change should you make first? And what change do you want to make first?
 - 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. To wrap-up the exercise choose the 3 areas you most want to work on and identify an action for each.

Wheel of life — Blank template

nf

