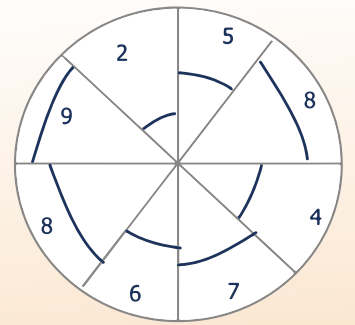
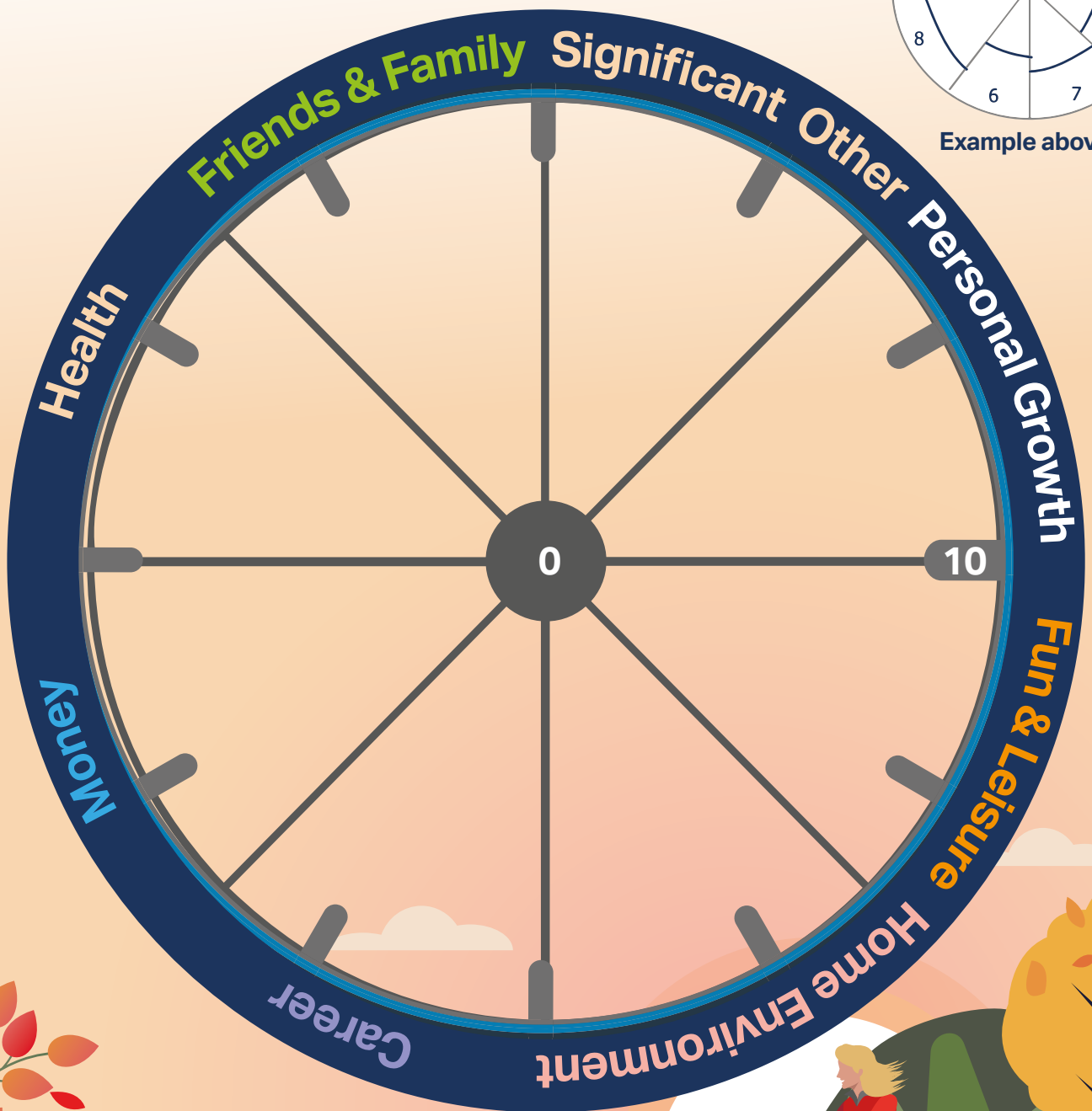


Wheel of Life



Example above



Your name:

Today's date:

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The Wheel of Life

Complete The Wheel:

1. Review the 8 Wheel Categories.

The categories should create a balanced life for you, so feel free to change the headings, for example:

- a. **Family and Friends:** Split "Family and Friends" into separate categories.
- b. **Significant Other:** Changing the category name to "Dating", "Relationship" or "Life Partner".
- c. **Career:** Changing the category name to "Transition", "Work", "Business" or "Volunteering".
- d. **Finances:** Changing the category name to "Money", "Financial Security" or "Financial Wellbeing".
- e. **Health:** The category name could be split or changed to "Emotional", "Physical", "Fitness", "Spiritual" or "Wellbeing".
- f. **Home Environment:** The category could split or change to "Work Environment" for career or business clients.
- g. **Fun & Leisure:** The category name could change to "Recreation"
- h. **Personal Growth:** The category name could change to "Learning", "Self-Development" or "Spiritual"

2. Think briefly what a satisfying life might look like for you in each area.

3. Next, draw a line across each segment that represents your satisfaction score for each area.

- a. Imagine the centre of the wheel is 0 and the outer edge is 10
- b. Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- c. Now draw a line and write the score alongside (see example above in previous page)

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!

The new perimeter of the circle represents their Wheel of Life. *"Is it a bumpy ride?"*

4. Let's explore:

- a. Are there any surprises for you?

- b. How do you feel about your life as you look at your Wheel?

c. How do you currently spend time in these areas? How would you like to spend time in these areas?

d. What would make that a score of 10?

e. What would a score of 10 look like?

f. Which of these categories would you most like to improve?

g. How could you make space for these changes in your life?

h. What help and support might you need from others to make changes and be more satisfied with your life?

i. What change should you make first? And what change do you want to make first?

j. If there was one key action you could take that would begin to bring everything into balance, what would it be?

Taking action – release your brakes

5. What will you do to get started?