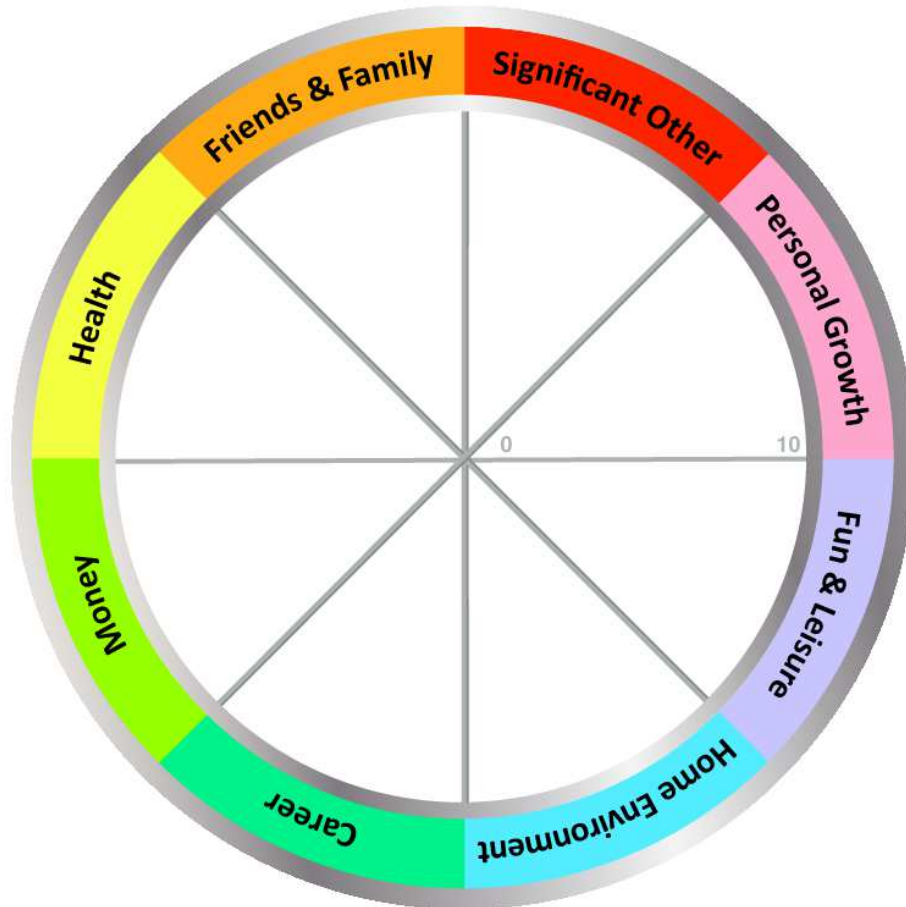




## Your Wheel of life

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

TODAY'S



### COMPLETE THE WHEEL:

- 1. Review the 8 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 below)

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

### Introduction

The purpose of this exercise with the Wheel of Life is to identify how you're currently spending



your time and how satisfied you are in the different areas of your life. As a starting point for creating balance, happiness and success in your life, the Wheel of Life is the perfect tool to begin your journey. Using this tool, you will be able to reflect and gain some insight into the *balance* of your life and how satisfied you are in life's different areas. Following on from this self assessment and reflection can utilise this exercise to further delve into *why* your wheel of life looks the way it does, *what* you would like your wheel of life to look like, and further into *how* to make this happen.

## Step 1 – Setup

Print off the above Wheel to use as a template, or simply draw your own on a piece of paper so that you can customise the areas to your needs.

## Step 2 – Complete the Wheel

Score your satisfaction levels against each of the different categories you have on your Wheel. Take your time doing this, I would recommend 15 minutes or so. Put yourself in a place with no distractions and reflect on your whole life. Here are some prompts to help you focus on what matters to you.

**Business, Career & Studies:** Is your career where you want it to be by now? Are you heading in the right direction?

**Finance & Wealth:** Are you earning enough income to satisfy your current needs? Are you financial setup for future growth in wealth?

**Health & Fitness:** How physically healthy are you? Are you satisfied with your level of fitness? Are you satisfied with your diet?

**Social & Friends:** Are your friends supportive of you? Are you engaging friends and socializing to your satisfaction levels?

**Family:** Is your family supportive of you? Are you supportive of your family?

**Love:** Do you feel loved? How often are you expressing love to others?

**Recreation & Fun:** Are you enjoying your life and making it fun? Are you satisfied with the level of activity that you do?

**Contribution:** How would others rate your contribution to society or them as individuals?



**Personal Growth:** How focused are you on personal growth? Are you satisfied with your direction? Are you trying new experiences and seeking to learn?

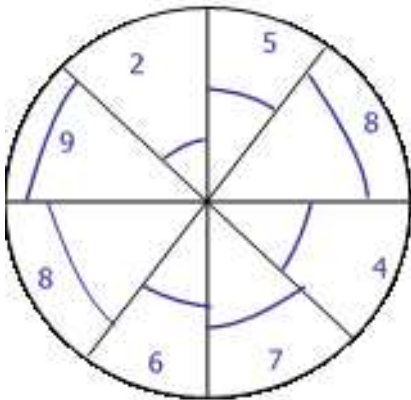
**Spiritual:** How connected are you to the inner and outer world? Are you satisfied with your relationship with your spiritual being?

**Self-Image:** Do you think of your abilities highly? Do you respect and love yourself? Do you appreciate yourself?

### Step 3 – Reflect

You should now have a completed Wheel of Life. It may look something like the below.

#### EXAMPLE



Take a moment to appreciate your Wheel of Life. What does it look like? Are there any surprises to you?

If you have scores of 8 to 10 for any of the categories, congratulations! You are very satisfied in this area. It's important you maintain what you are doing to ensure you remain satisfied in this area, however don't overlook that there may be areas for improvement. This is important to ensure you are not limiting your potential for even further growth and satisfaction in this area.

If you have scores of 5 to 7 for any of the categories, you are reasonably satisfied in this area but there is opportunity to explore ideas to move this up the scale.



If you have scores of 0 to 4 for any of the categories, you are not very satisfied in this area and you will need to explore ways of enhancing your satisfaction here. No need to get down about these scores though, as scores of 0 to 4 are full of opportunity! I find this as quite exciting when someone has a lower score as often is the case the individual has not fully explored opportunities that are available to them. It's also the area where the individual can grow the most and get the most value!

**I encourage you to answer the below questions:**

*Why did you score yourself in each category the way you did?*

*What is my ideal score for each category to achieve in the next month, 3 months, 6 months, one year?*

*Where are my biggest gaps in satisfaction levels?*

*Which area of my life do I primarily want to focus on to enhance my satisfaction levels?*

An important thing to remember is that this is your *Wheel* of life. Is your current wheel crooked or is it balanced?

What happens when you try to move forward and you have a crooked wheel? How efficient and effective are you going to be in life if you cannot move forward in a balanced way?

It is very easy to become extremely satisfied in one area, but at what cost?

For example, you can spend all your time and energy working on your career and make some fantastic progress. Perhaps you will even become extremely satisfied with your finances and wealth. However, what may happen to your relationships? Your health and well-being? Are you having fun along the way?

The key is to find the balance and that is the beauty of the Wheel. To do this, you want to *grow* your Wheel, not balance your Wheel by trading off in some areas of your life. It's about moving forward, challenging yourself and pushing your boundaries to *expand* your Wheel and make it *bigger* while maintaining a *balance*.

## Step 4 – Action!

Based on the above, it's time to put move to action.



The Wheel of Life exercise is the perfect starting point for setting some life goals. You now have a visual snapshot of how satisfied you are in different areas of your life. Through

reflection, you have now identified your biggest gaps between where you are now and where you would like to be.

Commit yourself to doing something different TODAY. *What are the specific actions or steps that you are going to take to enhance your satisfaction in your desired area? Write what you will do down on the same piece of paper that your Wheel is on.* Keep your Wheel close by in a place that you can easily refer to daily.

Create your action plan as below (with example):

| Priority          | Action  | Milestone   |
|-------------------|---|---|
| <b>E.G Health</b> | To join a yoga class, attend weekly with a friend, or acquaintance. | By March 2017 to feel increased satisfaction in this area because I am developing a friendship as well as getting regular exercise. |
| <b>1</b>          |   |   |
| <b>2</b>          |   |   |
| <b>3</b>          |   |   |
|                   |   |   |
|                   |   |   |
|                   |   |   |
|                   |   |   |

Track your progress! The Wheel provides a snapshot in time of your satisfaction levels and ultimately happiness. Complete the Wheel on a regular basis so you can easily track your progress. I recommend at least once every 6 months, depending on what your goals are and when you have aimed to achieve them.

Subscribe to my blog for regular self-coaching insights and tools.



The future is in your hands!

*Charmaine*