

## THE WHEEL OF LIFE

**The Wheel of Life is a great exercise and tool for helping you create more balance and success in your life. It is often used in coaching and is a great exercise when goal-setting.**

This needs to be your own personal assessment of your satisfaction in each area of your life, not what someone else thinks (e.g. partner, parents or friends), and also not what you would prefer it to be. Although life is dynamic and ever-changing, it needs to be a genuine assessment of where you are at now.

The Wheel of Life Exercise is a very useful way of getting a holistic view of what is going on for you now and will allow you to monitor your progress over time.

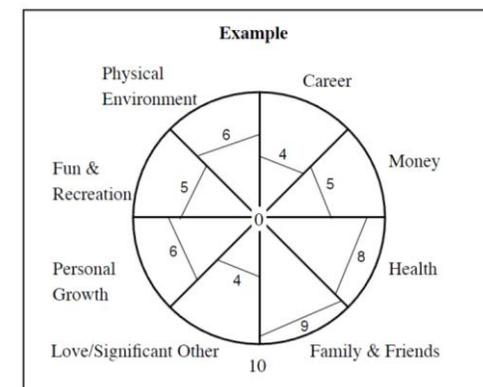
It also allows you to honestly identify those areas that you're already satisfied in and other areas that may benefit from some TLC and attention.

## HOW TO COMPLETE

In the Wheel of Life, the 8 sections represent Balance. Taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area of your life by drawing a straight line across the appropriate level to create a new outer edge and alongside write your ranking number. (See example below)

If you prefer to substitute other life areas for any of those given, feel free to do so. Or, you can apply it to a particular area in your life. This wheel can be applied to business too. Which 8 areas of your business are important to you? And continue the exercise with this perspective.

The new perimeter of the circle represents your current Wheel of Life. This helps identify those areas that you're already currently satisfied with and areas that may benefit from focus and attention



## WHEEL OF LIFE EXERCISE

Are there any surprises for you?

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

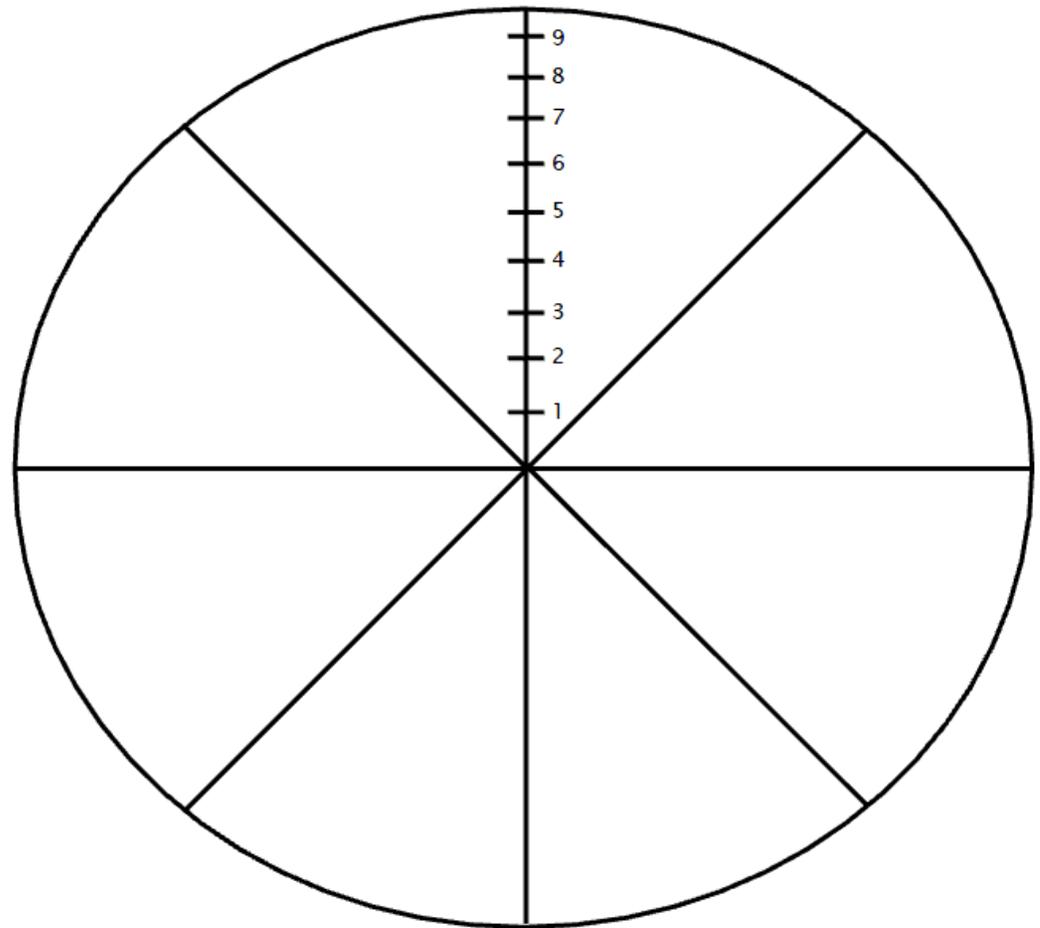
Which of these elements would you most like to improve?

How could you make space for these changes?

Can you effect the necessary changes on your own?

What help and cooperation from others might you need?

What would a score of 10 look like?



## THE FINAL STEP

Now, identify those 1, 2 or 3 areas that you'd most like to work on. Which ones would you most like to improve and then write down 1-3 actions for each that will help you move towards a 10 out of 10 score.