



The Wheel of Life Exercise Instructions

NAME: _____ DATE: _____

This exercise will help you clarify the areas of your life that need the most attention. Often we continue to work on the areas of our life where we already have certainty and success. As much as that will continue to bring you great results in those areas, it's about creating balance across all areas of your life and putting focussed attention on the areas that need it most.

The Wheel of Life gives you a birds eye view of your life in its entirety enabling you make wise decisions about where to focus next to create the greatest success in your life.

Once you have a clear focus on which areas on your Wheel of Life need the most attention, you can set some powerful goals and take action to bring those areas back into alignment.

Really, it's all about balance. Balance is personal and unique to each individual – what may be balance for some may be stressful or boring for others. So lets start by getting clear on your definition of balance

Define Balance in your words:

Ideally, we want our Wheel of Life to roll around smoothly. The more unbalanced our wheel is, the bumpier the ride and often that means pain or discomfort.

Allow yourself 20 to 30 minutes to complete this worksheet as you may require some time to reflect. Also be honest with yourself, that's how you will get the most value out of this exercise.



Detailed Instructions:

1. Please review the 8 areas on the Wheel of Life. The Wheel must, when put together, create a view of a balanced life for them. If necessary you can split categories to add in something that is missing for you. You can also re-label an area so that it is more meaningful for you. The usual suspects are:

- I. Family/Friends
- II. Partner/Significant Other/Romance
- III. Career
- IV. Finances
- V. Health (emotional/physical/fitness/nutrition/wellbeing)
- VI. Physical Environment/Home
- VII. Fun/Recreation/Leisure
- VIII. Personal Growth/Learning/Self-development
- IX. Spiritual wellbeing (not necessarily religion – can be sense of self)
- X. Others could include security, service, leadership, integrity, achievement or community.

2. Think about what success feels like for each area and describe it in a paragraph below:

Career:

Money:

Health:



Family and Friends:

Significant other/Romance:

Personal growth/Learning:

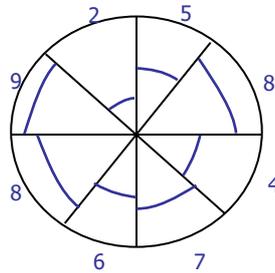
Fun/recreation/Leisure:

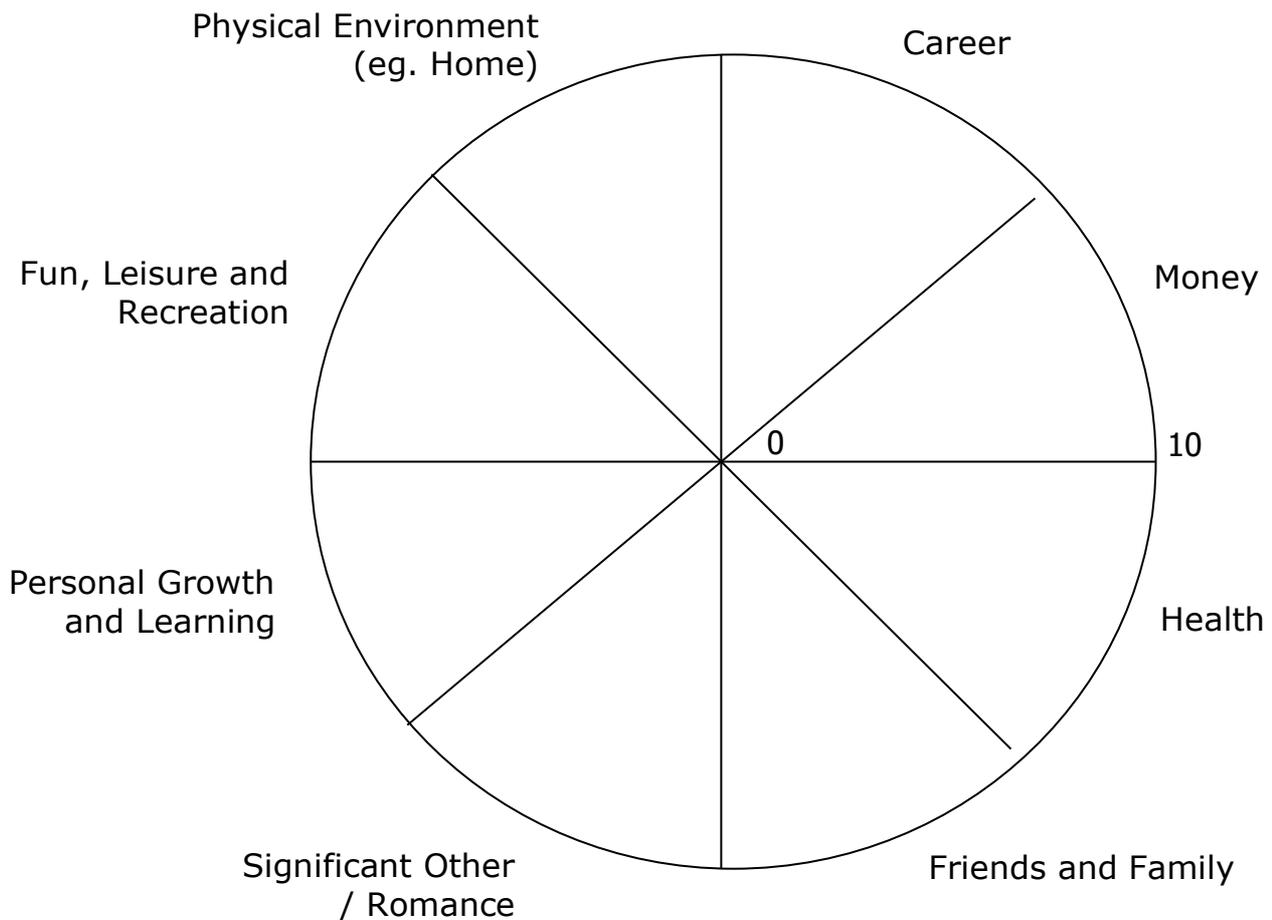
Physical Environment:



1. 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 you currently are with these elements in your life.
2. The new perimeter of the circle represents your current 'Wheel of Life'. Ask yourself, "Is it a bumpy ride for me right now?"

EXAMPLE





Now, looking at the wheel here are some questions to ask yourself to take the exercise to the next level:

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 the areas which are ranked the lowest?
4. How would you like to spend time in these areas?
5. What would make a score of 10 in each area?
6. How could you make space for these changes?
7. Can you effect the necessary changes on your own?
8. What help and cooperation from others might you need?
9. What skills or belief can you take from the areas where you are very successful and apply to the areas that you want to develop?



10. What is a suitable time frame to give yourself to create the desired outcomes you want?