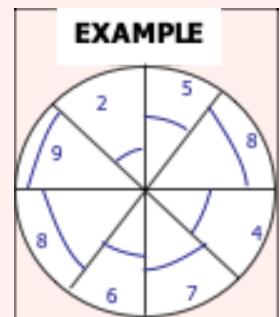
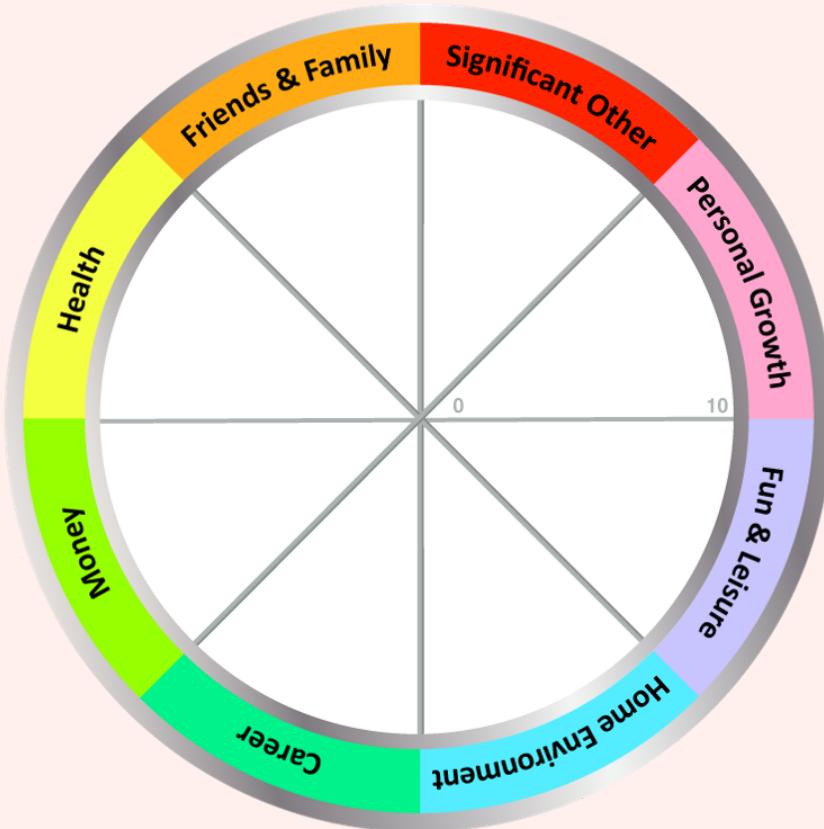


# THE WHEEL OF LIFE EXERCISE



**TODAY'S DATE:** \_\_\_\_\_

**Complete the wheel:**

1. **Review the 8 wheel categories** - Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
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
  - The new perimeter of the circle represents your 'Wheel of Life'

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

## The Wheel of Life Exercise - what is it for?

The Wheel of Life is a powerful self-coaching exercise that gives a holistic picture of your life and helps you better understand what you can do to make your life more harmonious.

It shows how balanced your life is across 8 different areas of life and gives you the opportunity to reflect on how satisfied and fulfilled you are in each area. If an area in your life is getting too little attention, you can work on improving these areas in order to bring more balance to your life.

### Category segments

The categories should together create a view of a balanced life for them. If necessary you 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:

1. **Family and Friends** - split into separate categories
2. **Significant other** - change to 'dating', 'partner' or 'relationship'
3. **Career** - change to 'volunteering', 'work' or 'parenthood'
4. **Finances** - change to 'money' or 'financial wellbeing'
5. **Health** - could be split into 'emotional', 'physical', 'spiritual', 'fitness' or 'wellbeing'
6. **Home Environment** - split into 'work environment' also
7. **Fun & Leisure** - change to 'recreation' or 'hobbies'
8. **Personal Growth** - change to 'learning', 'self-development' or 'spiritual'

### Reviewing the completed wheel

Now, looking at the wheel here are some great questions to ask yourself client to take the exercise deeper:

1. Are there any surprises for you?
2. How do you feel about your life as you look at your Wheel?
3. How would you like to spend time in these areas?
4. What would make that a score of 10?
5. Which of these categories would you most like to improve?
6. How could you make space for these changes in your life?
7. What help and support might you need to make changes a
8. What change should you make first?

### Taking action - the final step

1. Identify an activity for each category that when completed, will change your level of satisfaction.
2. If the action is relatively large and complex, make it specific, measurable, achievable, relevant, and time-bound (SMART)

Over time, revisit the wheel and re-score it.