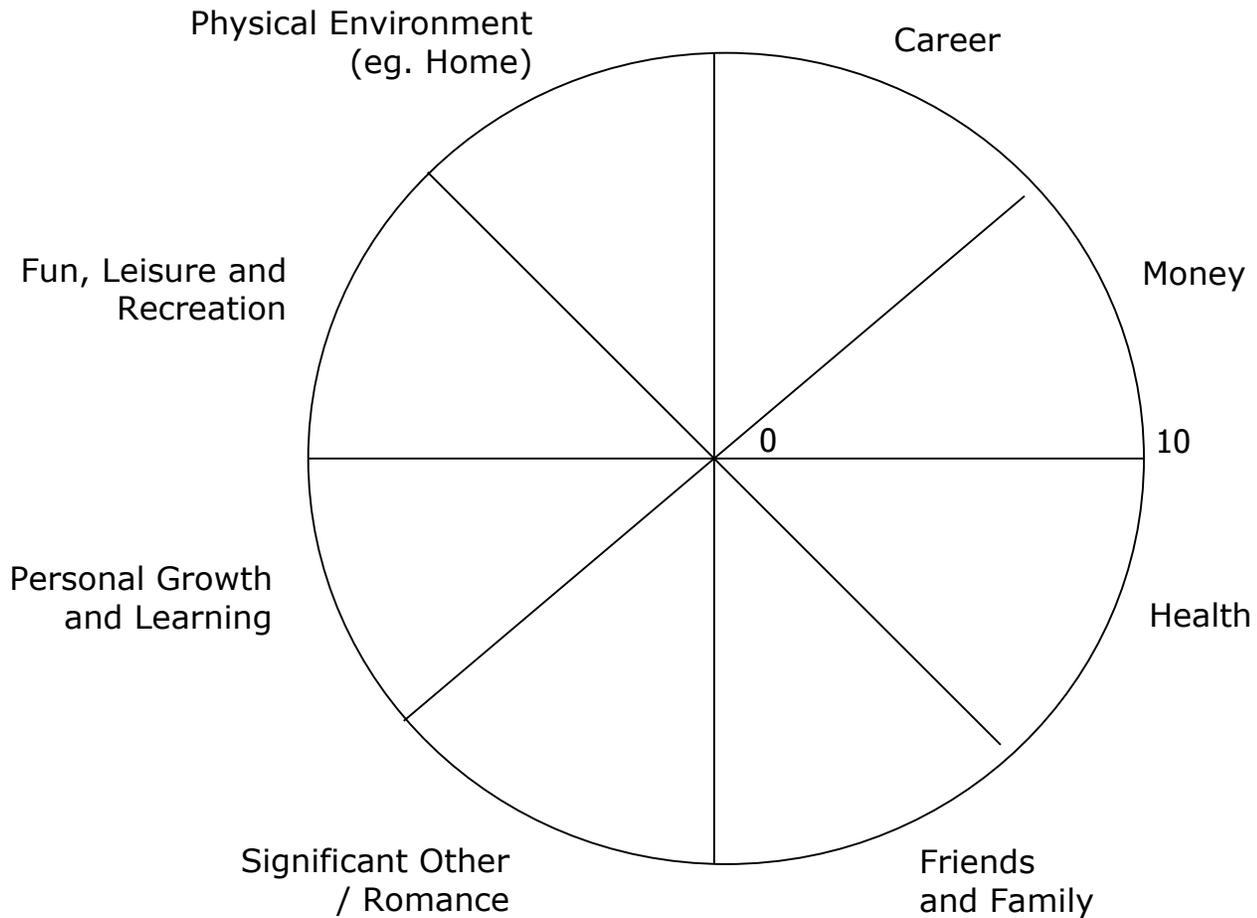


The Wheel of Life - A Strategic Edge Coaching



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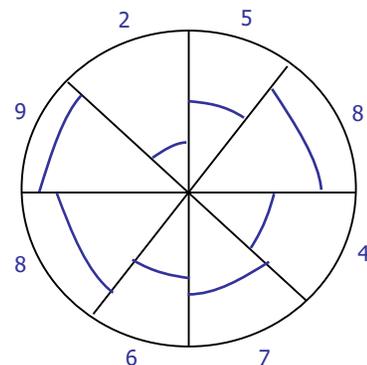


WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- ☀ Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- ☀ Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- ☀ The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

EXAMPLE



The Wheel of Life Exercise and Instructions

- This exercise will help clarify priorities for goal-setting and allow you to plan so that your life is closer to your definition of balance.
- Balance is personal and unique to each individual – what works for some may be stressful or tedious for others.
- The balancing act needs reassessment over time. Doing a regular check on how balanced you are can highlight valuable patterns and help you learn even more about yourself.

Instructions:

1. Review the eight 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:
 1. Family/Friends
 2. Partner/Significant Other/Romance
 3. Career
 4. Finances
 5. Health (emotional/physical/fitness/nutrition/wellbeing)
 6. Physical Environment/Home
 7. Fun/Recreation/Leisure
 8. Personal Growth/Learning/Self-development
 9. Spiritual wellbeing (not necessarily religion – can be a sense of self)
 10. Others could include security, service, leadership, integrity, achievement or community.
2. Think about what success feels like for each area.
3. 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 (delighted) against each section to show how satisfied you are currently with these elements in your life.
4. Consider the new perimeter of the circle that represents your 'Wheel of Life.' Is it a bumpy ride?
5. Now, looking at the Wheel, here are some questions to ask yourself and 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 do you currently spend time in these areas?
 4. How would you like to spend time in these areas?
 5. Which of these elements would you most like to improve?
 6. How could you make space for these changes?
 7. Can you affect the necessary changes on your own?
 8. What help and cooperation from others might you need?
 9. What would make that a score of 10?
 10. How would a score of 10 look differently?