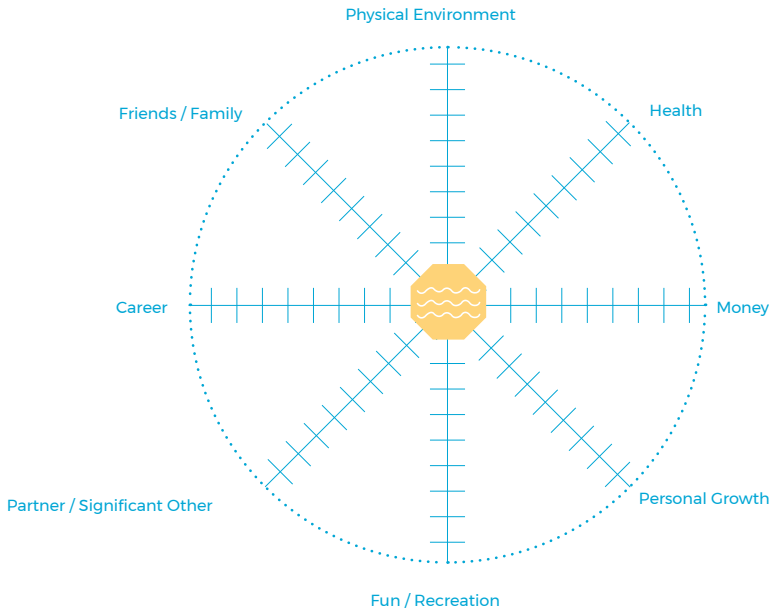


The Wheel of Life



The eight sections in the Wheel of Life represent different aspects of your life.

Score your level of satisfaction with each area of your life by putting a cross on the relevant spoke. Take the centre of the wheel as 0 (totally dissatisfied) and the outer edge as 10 (totally satisfied).

Draw a line to join the crosses. How balanced does the perimeter of your wheel look? If this were a real wheel, how bumpy would the ride be?

The Wheel of Life



Now looking at the wheel here are some questions to ask yourself 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 do you currently spend time in each area?

.....

.....

.....

4. How would you like to spend time in each area?

.....

.....

.....

The Wheel of Life



5. Time to dream and get clear on what you really want. What would a score of 10 look like in each of the areas? What would you be doing?

Health

.....

Family and Friends

.....

Career

.....

Fun

.....

Personal Growth

.....

Money

.....

Physical Environment (where you live and work)

.....

Partner/Significant Other

.....

.....

The Wheel of Life



6. Which of these areas would you most like to improve?

.....
.....

7. What do really want for yourself in these areas?

.....
.....
.....

8. How could you make space for one or two of these changes?

.....
.....
.....

9. Can you effect the necessary changes on your own?
What help from others might you need?

.....
.....
.....

10. What are one or two actions that you could commit to
that would move you forward?

.....
.....
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