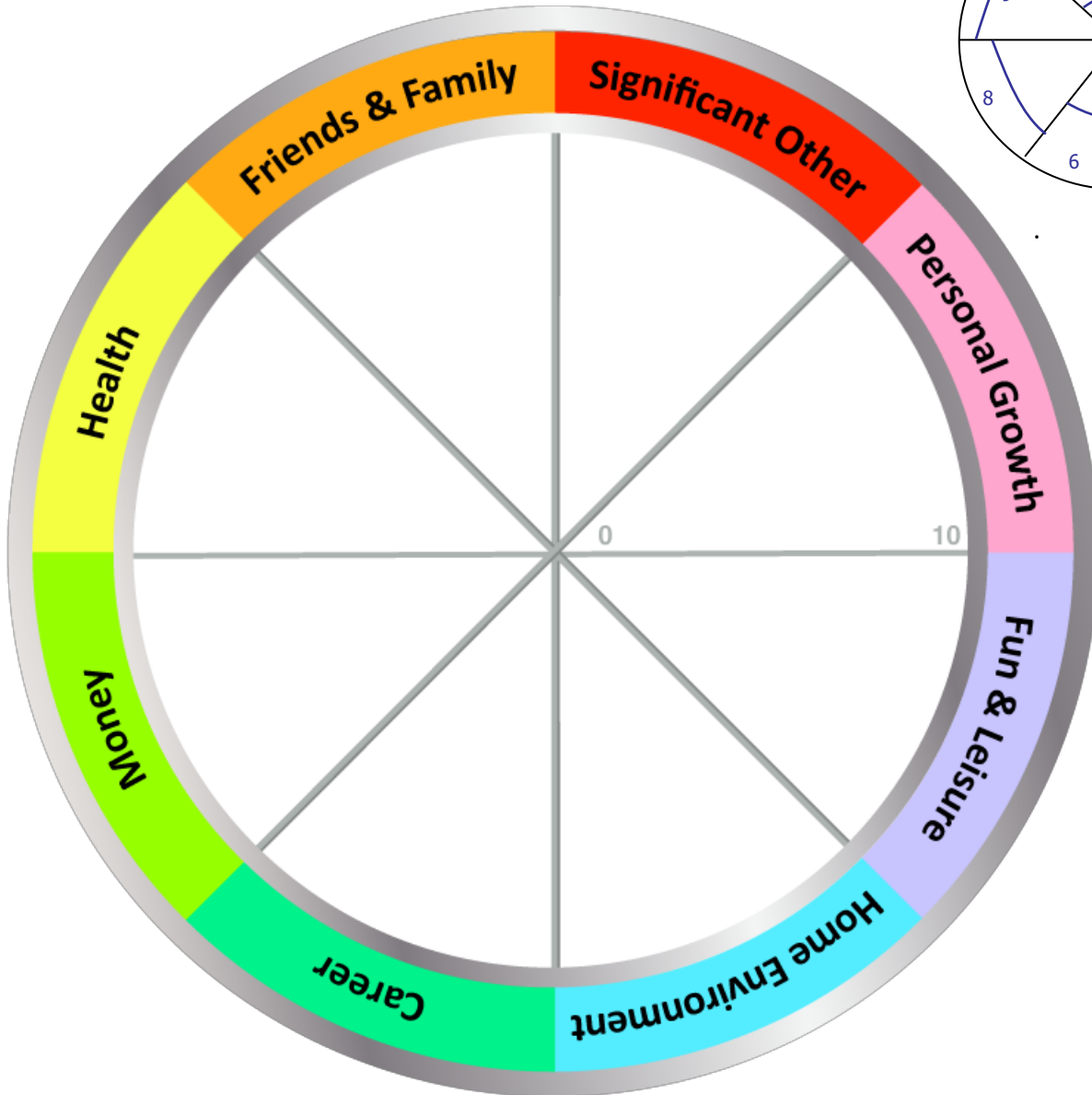
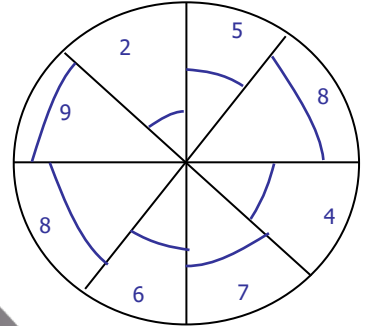


Your Name:

Today's Date:

The Wheel of Life

EXAMPLE



To complete the wheel:

1. Review the 8 wheel categories: Think about what a satisfying life might look for you in each area.
2. 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).
 - Draw a line and write the score alongside (see example top right).

Important: Use the first number score that pops into your head, not the number you think it *should* be.

The Wheel of Life Exercise – Instructions for the coach

Notes:

- Balance is personal and unique to each individual - what may be satisfying or balanced for some may be stressful or boring for others.
- The aim of this exercise is to increase your awareness so that you can plan a life that is more satisfying and closer to your individual definition of balance. It also helps clarify priorities for goal-setting.
- Balance must be assessed over time. A regular check-in (e.g. with this exercise) can highlight useful patterns and help you to learn even more about yourself.
- Another option is that you can ask someone who knows you well to complete the scores for you (sometimes it's helpful to see an outside perception of your life 'balance').
- **Important:** This must be someone you trust and whose opinion you value - and remember that others may have hidden agendas.

Detailed Instructions:

1. Review the 8 categories on the Wheel of Life. The categories should together create a view of your balanced life. If necessary, you can split category segments to add in something that is missing, or re-label an area to make it more meaningful. Examples of changes are:
 - **Family and Friends:** Split "Family and Friends" into separate categories.
 - **Significant Other:** Changing the category name to "Dating", "Relationship" or "Life Partner".
 - **Career:** Changing the category name to "Motherhood", "Work", "Business" or "Volunteering".
 - **Finances:** Changing the category name to "Money", "Financial Security" or "Financial Wellbeing".
 - **Health:** The category name could be split or changed to "Emotional", "Physical", "Fitness", "Spiritual" or "Wellbeing".
 - **Home Environment:** The category could split or change to "Work Environment" for career or business clients.
 - **Fun & Leisure:** The category name could change to "Recreation".
 - **Personal Growth:** The category name could change to "Learning", "Self-Development" or "Spiritual".
 - Other categories to add could include "Security", "Service", "Leadership", "Achievement" or "Community".
2. Think about what success or satisfaction you'd like to feel in each area.
3. Now rank this level of satisfaction with each area of the life wheel 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 are currently with each category in their life.
4. The new perimeter of the circle represents your Wheel of Life.
5. Taking action - the final step. Choose the 3 areas you most want to work on and identify an action for each. *Ask yourself:* "What is the smallest step I could take to get started?"