

WHEEL OF *life*

The Wheel of Life helps you focus on each area of your life and identify which areas need more attention. It gives you an immediate visual representation of how your life is now.

How to use

- Assess each area of the wheel. On a scale of 1 (low) to 10 (high) assess the amount of attention you give to this area of your life. Mark the score on the relevant spoke of the wheel.
- Next join up the marks. How balanced does your life look?
- Then consider what an ideal score in each area would be. Some areas will need more attention than others depending on the priorities in your life so aim for an ideal level of attention for each area.
- Map these on your wheel.
- Now you'll see your current life balance and your ideal life balance. Where you see gaps can influence your subsequent goal setting as these are areas that need attention.
- Plan the actions you need to take to regain balance. Focusing on the neglected areas, what actions do you need to take to regain balance? Make a commitment by recording these goals and action steps.

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Think about the 8 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Wheel of Life map.

MONTH _____



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To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.

FAMILY & FRIENDS

RECREATION

SPIRITUALITY

FINANCES

PERSONAL GROWTH

BUSINESS & CAREER

HEALTH & FITNESS

RELATIONSHIPS