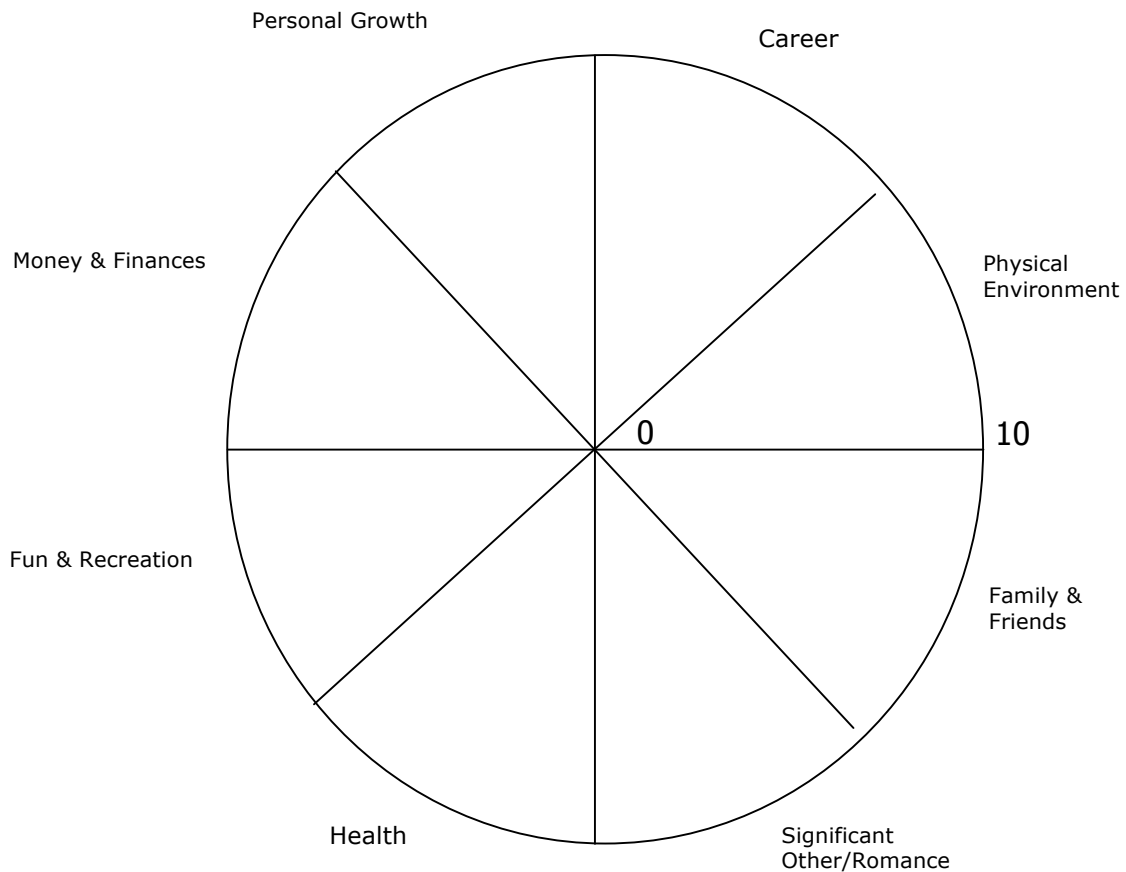


The Wheel Of Life Exercise

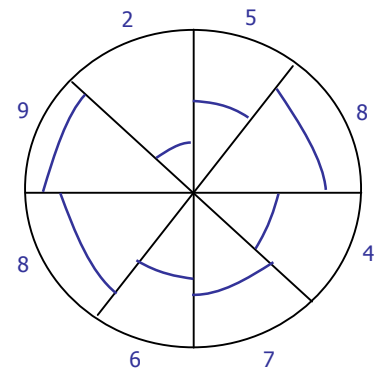
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WHEEL OF LIFE INSTRUCTIONS

- The 8 sections in the Wheel of Life represent balance.
- Feel free to rename the sections to something more meaningful for you.
- The center of the wheel is 0 and the outer edge is 10. Rank your **level of satisfaction** with each area by drawing a straight or curved line to create a new outer edge (see example)

EXAMPLE



Notes about doing the Wheel of Life:

Balance is about becoming conscience of the choices you're making and aligning those choices with your core values. Remember balance takes place in the midst of action. Life balance is not about having the same weight in each area of your life wheel, but always moving towards the alignment and the balance *you* want.

- This exercise will help clarify priorities for goal setting.
- Balance is personal and unique to each individual – what may be balance for some may be stressful or boring for others.
- Balance should be assessed over time. Regular check-ins can help you see useful patterns.

Detailed Instructions:

1. The Wheel of life has 8 areas. The *typical* categories are:
 - Family/Friends
 - Partner/Significant Other/Romance
 - Career
 - Finances
 - Health (emotional/physical/fitness/nutrition/wellbeing)
 - Physical Environment/Home
 - Fun/Recreation/Leisure
 - Personal Growth/Learning/Self-development
 - Spiritual wellbeing (not necessarily religion – can be sense of self)
 - Or choose your own categories
2. Think about what success feels like and how you want to feel with regard to each area.
3. Now rank your level of satisfaction with each area 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 these elements in your life.
4. The new perimeter of the circle represents your 'Wheel of Life'.
5. Now, looking at the wheel here are some questions to ask yourself:
 - Are there any surprises for you?
 - How do you feel about your life as you look at your Wheel?
 - How do you want to feel?
 - How do you currently spend time in these areas?
 - How would you like to spend time in these areas?
 - Which of these elements would you most like to improve?
 - How could you make space for these changes?
 - Can you effect the necessary changes on your own?
 - What help and cooperation from others might you need?
 - What would a score of 10 look like?