



LIFE WHEEL EXERCISE

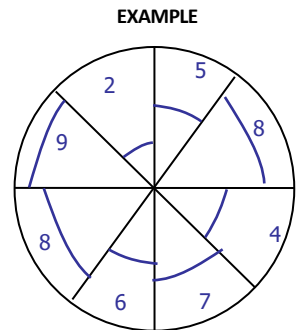
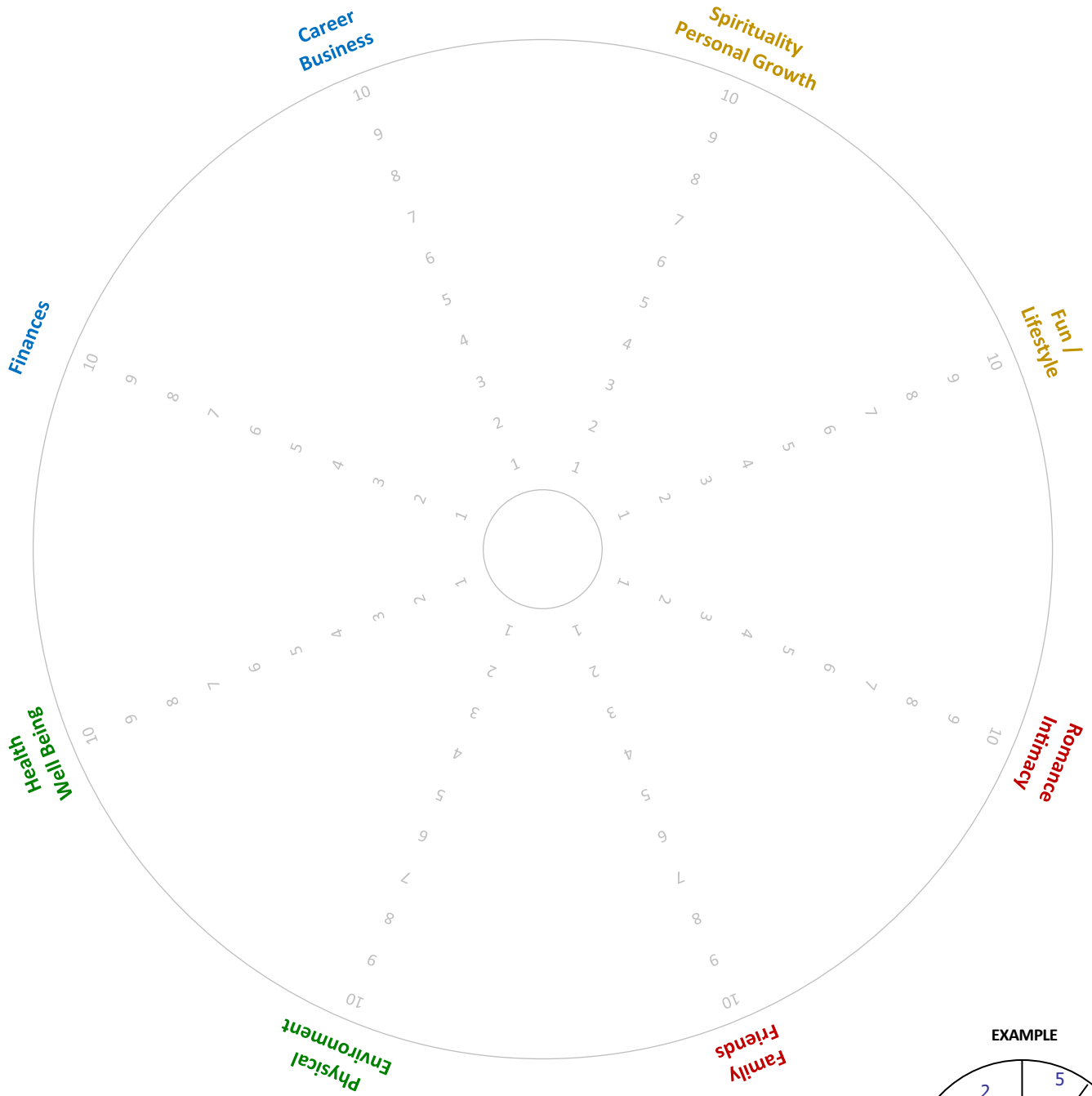
Instructions:

1. If necessary, you can add in a category that is missing, or re-label an area to make it more meaningful for you. Examples of changes are:
 1. **Family and Friends:** Split "Family and Friends" into separate categories.
 2. **Significant Other:** Changing the category name to "Dating", "Relationship" or "Life Partner".
 3. **Career:** Changing the category name to "Motherhood", "Work", "Business" or "Volunteering".
 4. **Finances:** Changing the category name to "Money", "Financial Security" or "Financial Wellbeing".
 5. **Health:** The category name could be split or changed to "Emotional", "Physical", "Fitness", "Spiritual" or "Wellbeing".
 6. **Home Environment:** The category could split or change to "Work Environment" for career or business clients.
 7. **Fun & Leisure:** The category name could change to "Recreation"
 8. **Personal Growth:** The category name could change to "Learning", "Self-Development" or "Spiritual"
 9. Other categories to add could include "Security", "Service", "Leadership", "Achievement" or "Community".
2. Think about what success or satisfaction would feel like for each area.
3. Rank your level of satisfaction with each area of life by drawing a line across each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) in each area to show how satisfied you are currently with each category.
4. The new perimeter of the circle represents your Life Wheel.
5. Now, looking at the wheel, here are some great questions to ask 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 these areas? How would you *like* to spend time in these areas?
 4. What would a score of 10 look like?
 5. What would it take to make that a score of 10?
 6. Which of these categories would you *most* like to improve?
 7. How could you make space for these changes in your life?
 8. What help and support might you need from others to make changes and be more satisfied with your life?
 9. What change *should* you make first? And what change do you *want* to make first?
 10. If there was one key action you could take to begin to bring everything into balance, what would it be?
6. Taking action - the final step. To wrap-up the exercise, you can identify one action for each area, and then pick 1-3 actions to get started. You could also choose the 3 areas you most want to work on and identify an action for each.

TIP: If you are extremely busy or stressed try asking, "What is the smallest step you could take to get started?"



LIFE WHEEL EXERCISE





LIFE WHEEL EXERCISE

Identify one action for each life area, then pick the top 1-3 actions overall to start with now.
You could also choose the 3 life areas you most want to work on and identify an action for each.

Career	Development	
Finances	Mission	Lifestyle
Life Management	Values	Relationships
Health	Family	