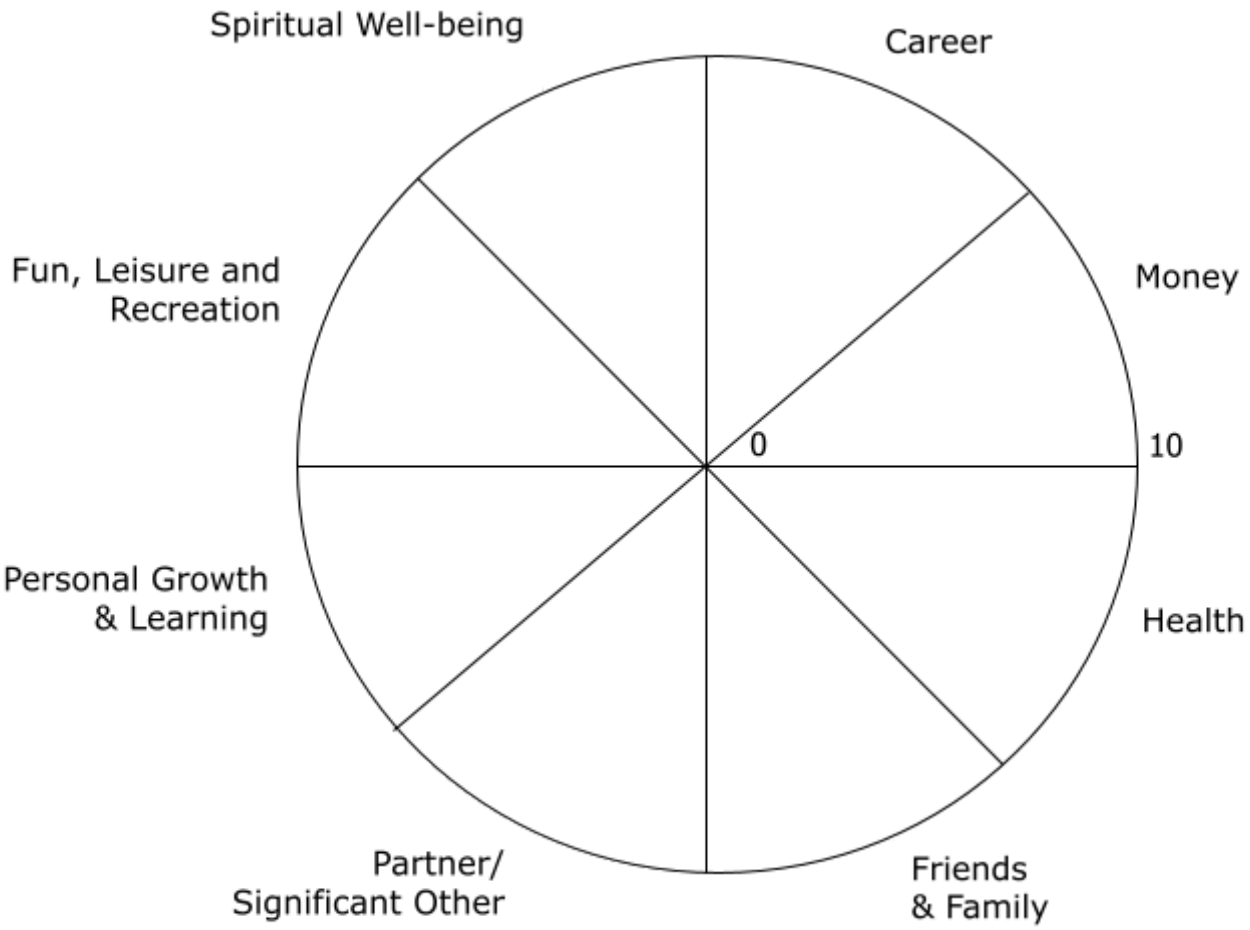
The Wheel of Life

YOUR NAME: _____ **DATE:** _____

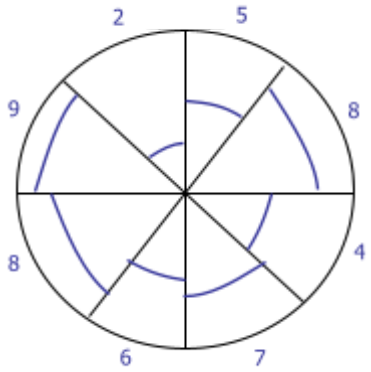


WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- Taking the center of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

EXAMPLE



The Wheel of Life

The Wheel of Life Exercise – Coach Instructions

Notes:

- This exercise will help clarify priorities for goal-setting, allowing the client to plan so that their life is closer to their definition of balance.
- Balance is personal and unique to each individual – what may be balance for some may be stressful or boring for others.
- Balance must be assessed over time. So, a regular check on how balanced the client is can highlight useful patterns and help them learn even more about ourselves. You can do this with them, or recommend they do it for themselves
- Another option with this exercise is that they can ask someone who knows them well to complete the scores for them. It can be helpful sometimes to see an outside perception of your life 'balance'. Note: This must be someone they trust AND whose opinion they value.

Detailed Instructions:

1. Ask them to review the 8 areas on the Wheel of Life. The Wheel categories should together create a view of a balanced life for them. If necessary they can split category segments to add in something that is missing. They can also re-label an area so that it is more meaningful for them. Common categories are:
    1. Family/Friends
    2. Partner/Significant Other
    3. Career
    4. Finances
    5. Health (emotional/physical/fitness/nutrition/wellbeing)
    6. Physical Environment/Home
    7. Fun/Recreation/Leisure
    8. Personal Growth/Learning/Self-development
    9. Spiritual wellbeing (not necessarily religion – can be sense of self)
    10. Others could include security, service, leadership, integrity, achievement or community.
2. Ask them to think about what success feels like for each area.
3. Now ask them to rank their level of satisfaction with each area of their life 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 they are currently with these elements in their life.
4. The new perimeter of the circle represents their 'Wheel of Life'. You can ask them, "Is it a bumpy ride?"
5. Now, looking at the wheel here are some questions to ask the client and 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?
    4. How would you like to spend time in these areas?
    5. Which of these elements would you most like to improve?
    6. How could you make space for these changes?
    7. Can you effect the necessary changes on your own?
    8. What help and cooperation from others might you need?
    9. What would make that a score of 10?
    10. What would a score of 10 look like?