

## MAKE A COPY BEFORE YOU USE THIS

### Introducing the Wheel of Life<sup>1</sup>

The original idea behind the Wheel of Life came from industry pioneer Paul J. Meyer in the 1960s to help people realise their goals.

While the wheel today has many different forms and names, including the Life Balance Wheel, Coaching Wheel, and the Wheel of Success, they share a common purpose: *transformation*.

The Wheel of Life exercise is widely used in coaching and beyond and offers a practical and flexible tool for clients to assess their needs and set goals aligned with their core values.

Its beauty is its simplicity.

The wheel typically consists of between eight and ten categories essential for a fulfilling life.

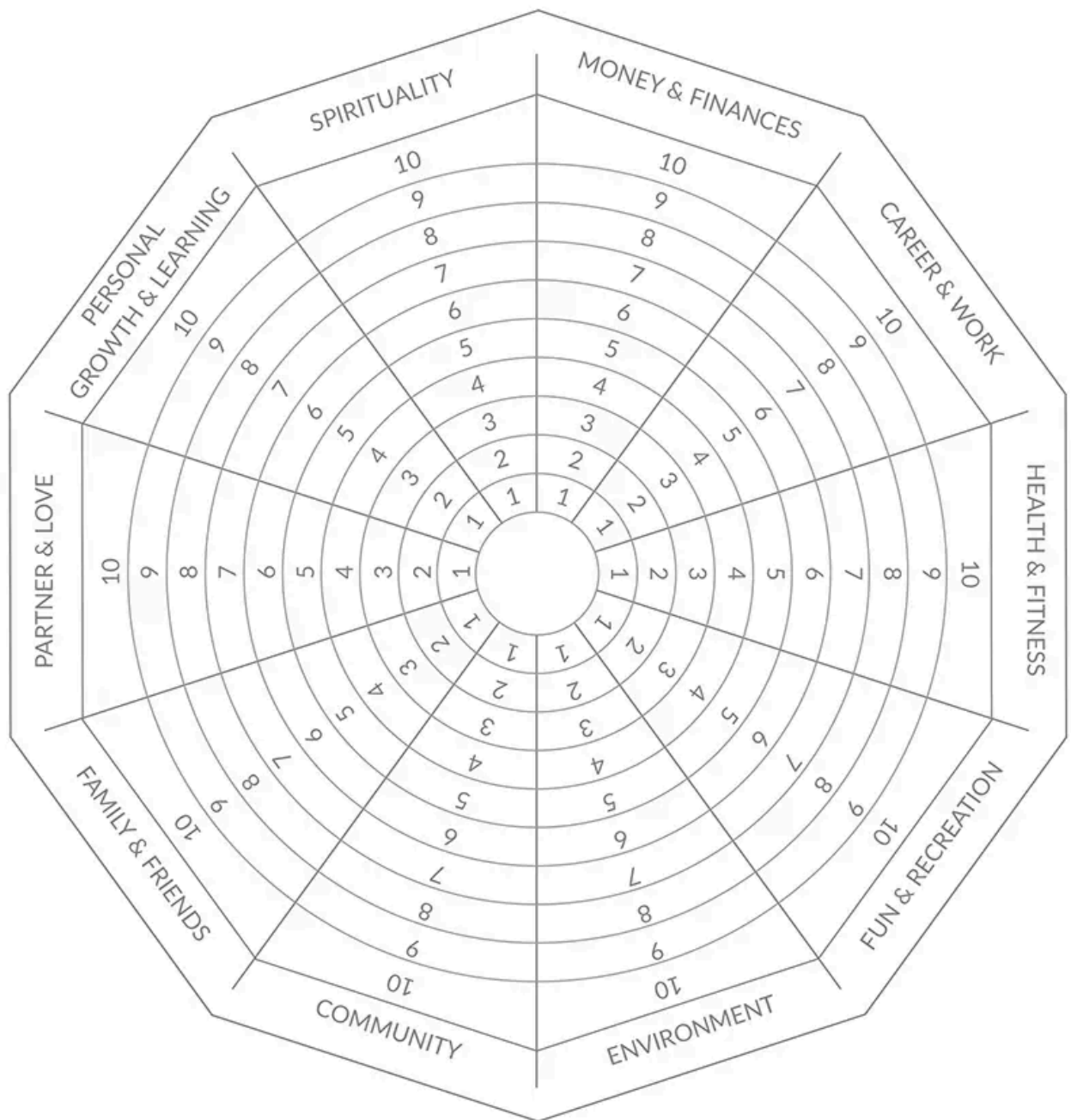
Segment names vary, but the themes are usually similar, for example:

- Money & Finances
- Career & Work
- Health & Fitness
- Fun & Recreation
- Environment (home/work)
- Community
- Family & Friends
- Partner & Love
- Personal Growth & Learning
- Spirituality

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<sup>1</sup> Taken from J Sutton - *How to Apply the Wheel of Life in Coaching* - <https://positivepsychology.com/wheel-of-life-coaching/>

Place a score in each segment to reflect the current level of satisfaction in each area.



## **What is it for?**

The Wheel of Life provides a snapshot of your wellbeing and the level of satisfaction in your current circumstances.

At a high level, the exercise provides insight into whether or not your life is in balance. From a more detailed perspective, it captures whether individual areas of your life are either meeting your needs and making you happy or leaving you dissatisfied and discontented.

By scoring each category, you identify areas that need support and improvement to reach individual and overall life goals.

The process of writing down, reviewing, and agreeing upon ratings not only provides input to the goal-setting process, but also offers insights into areas of your life that are causing you difficulty.

The Wheel of Life can be used by anyone, with little or no training, but is commonly completed during coaching sessions to identify and agree on priorities for future exploration.