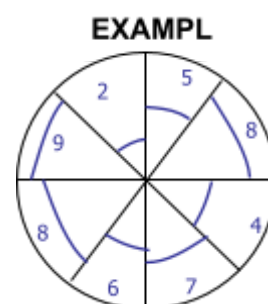
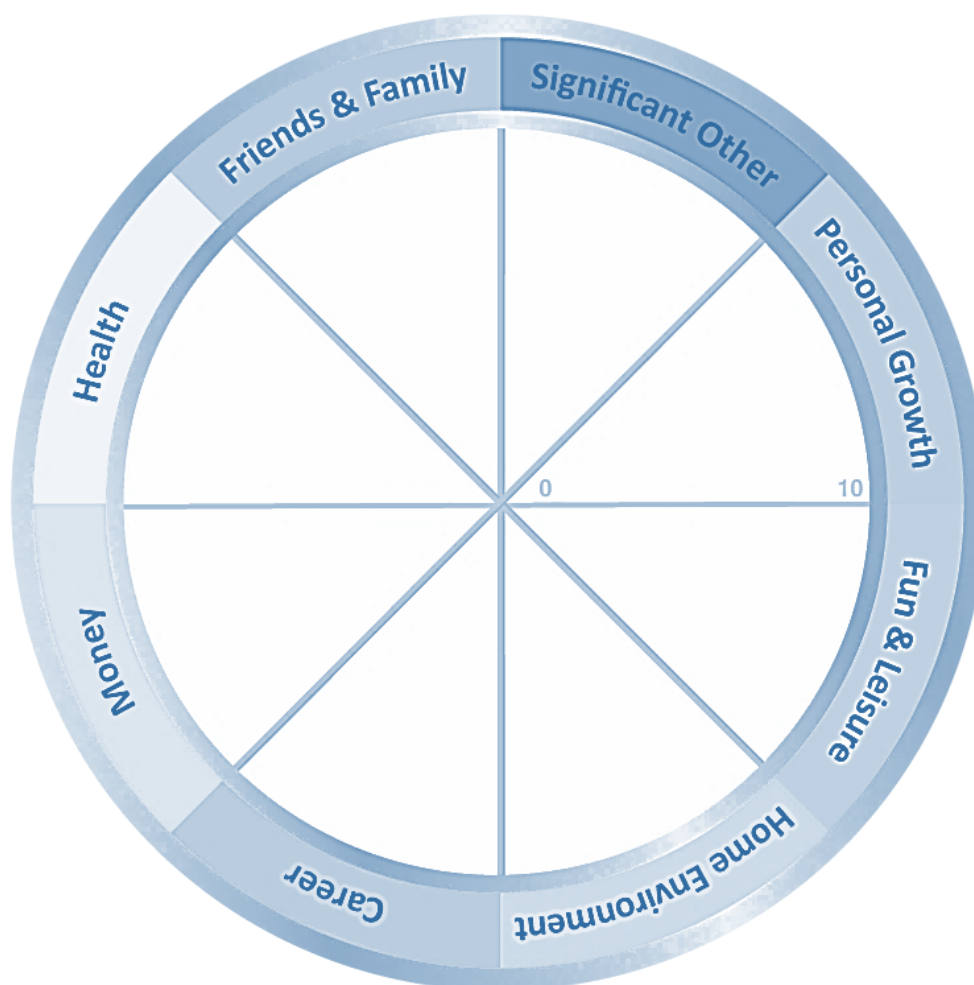


THE WHEEL OF LIFE

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INSTRUCTIONS

1. **Draw out your wheel of life** as above. Choose if you want this to be about your overall life, or how you prioritise time at work.
2. **Rename the Categories as relevant** – Choose what feels most resonate to your life. If this is for work, then change all the category names to fit e.g. admin, strategy, new business, thinking time etc.
3. **Next, draw a line across each segment that represents the amount of time you currently spend on each area**

Imagine the centre of the wheel is 0 and the outer edge is 10

Now draw a line and write the score alongside (see above example)

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!

4. **QUESTION** – what comes up for you when you are looking at this wheel?

5. **Now do the same but based on where you would like to get to**

In each segment, draw an arrow from where you are currently to your desired state

QUESTIONS

- What are you noticing now?
- What are the 2 areas you would most like to improve?
- Which one would you like to start with?
- What are the first 3 things you can do to start to make this happen?