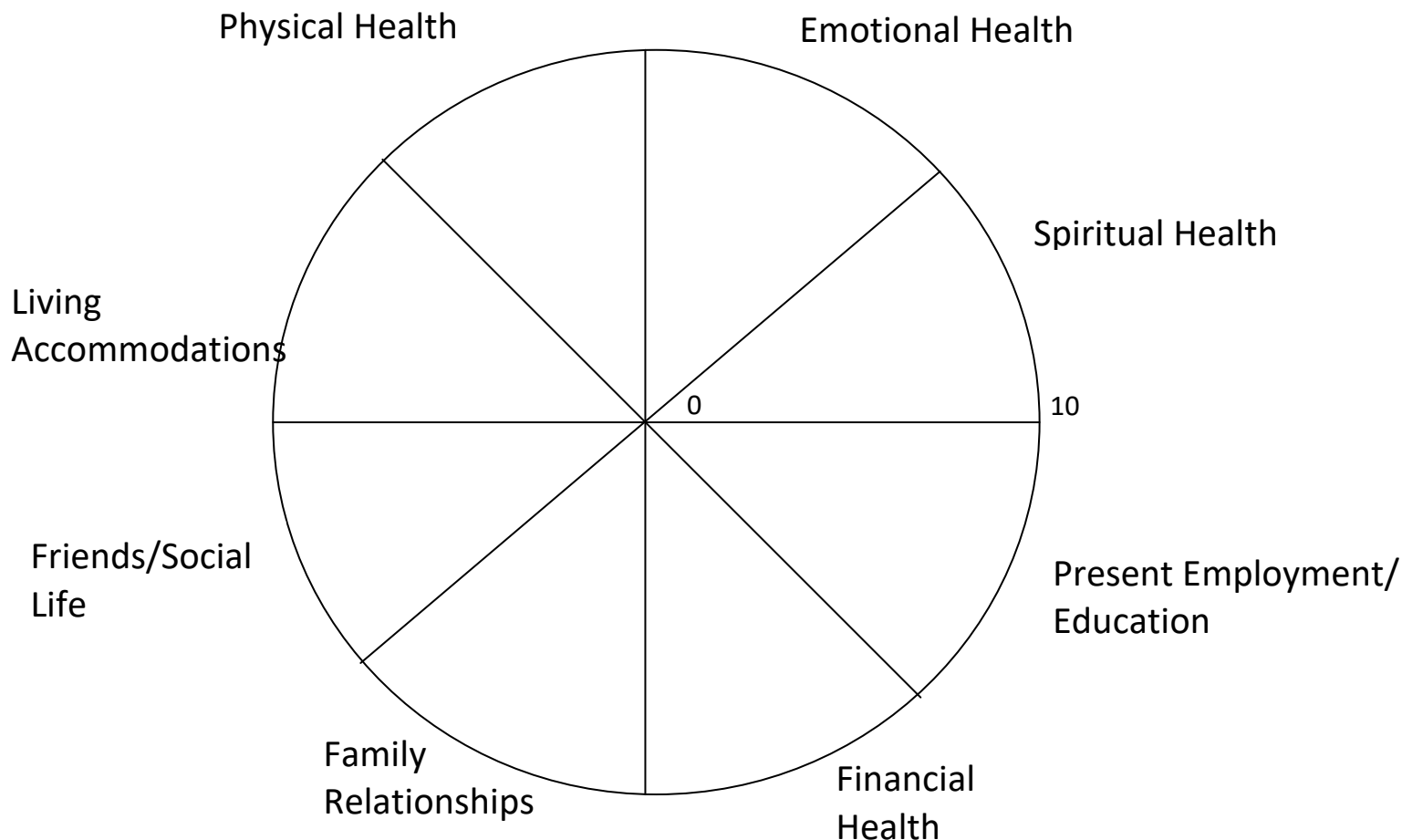




Wheel of Life Exercise

NAME: _____

DATE: _____

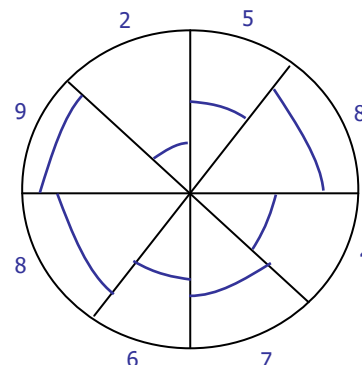


WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- **Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- Next, taking the center of the wheel as 0 (Very Dissatisfied) and the outer edge as 10 (Fully Satisfied), rank your **level of satisfaction** with each area by drawing a straight or curved line to create a new outer edge (see example)
- **IMPORTANT!!** - Use the first score that pops into your head, not the number you think it *should* be!
- The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

EXAMPLE





Wheel of Life Exercise

Balance:

- Balance is personal and unique to each individual - what may be satisfying or balanced for you may be stressful or boring for others.
- This exercise will raise your awareness and allows you to plan a life that is more satisfying and closer to your definition of balance. It also helps clarify priorities for goal-setting.
- Balance must be assessed over time. A regular check-in (eg. with this exercise) can highlight useful patterns and help you learn even more about yourself.
- Another option would be for you to ask someone who knows you well to complete the scores for you (sometimes it's helpful to see an outside perception of your life 'balance').
Important: This must be someone you trust and whose opinion you value - and remember that others may have hidden agendas.

Taking action

To wrap-up the exercise identify the two areas you are most motivated to raise your satisfaction score. Now get to work describing what a Satisfaction Score of 10 would look like in this area.

Some Helpful Questions to ask yourself:

Now, looking at the wheel here are some great questions to ask your client 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 make that a score of 10?
5. What would a score of 10 look like?
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 that would begin to bring everything into balance, what would it be?
11. What habits of behaving, thinking and feeling might you need to change in order to create satisfaction in these areas?

Areas in which I feel most motivated to improve: