

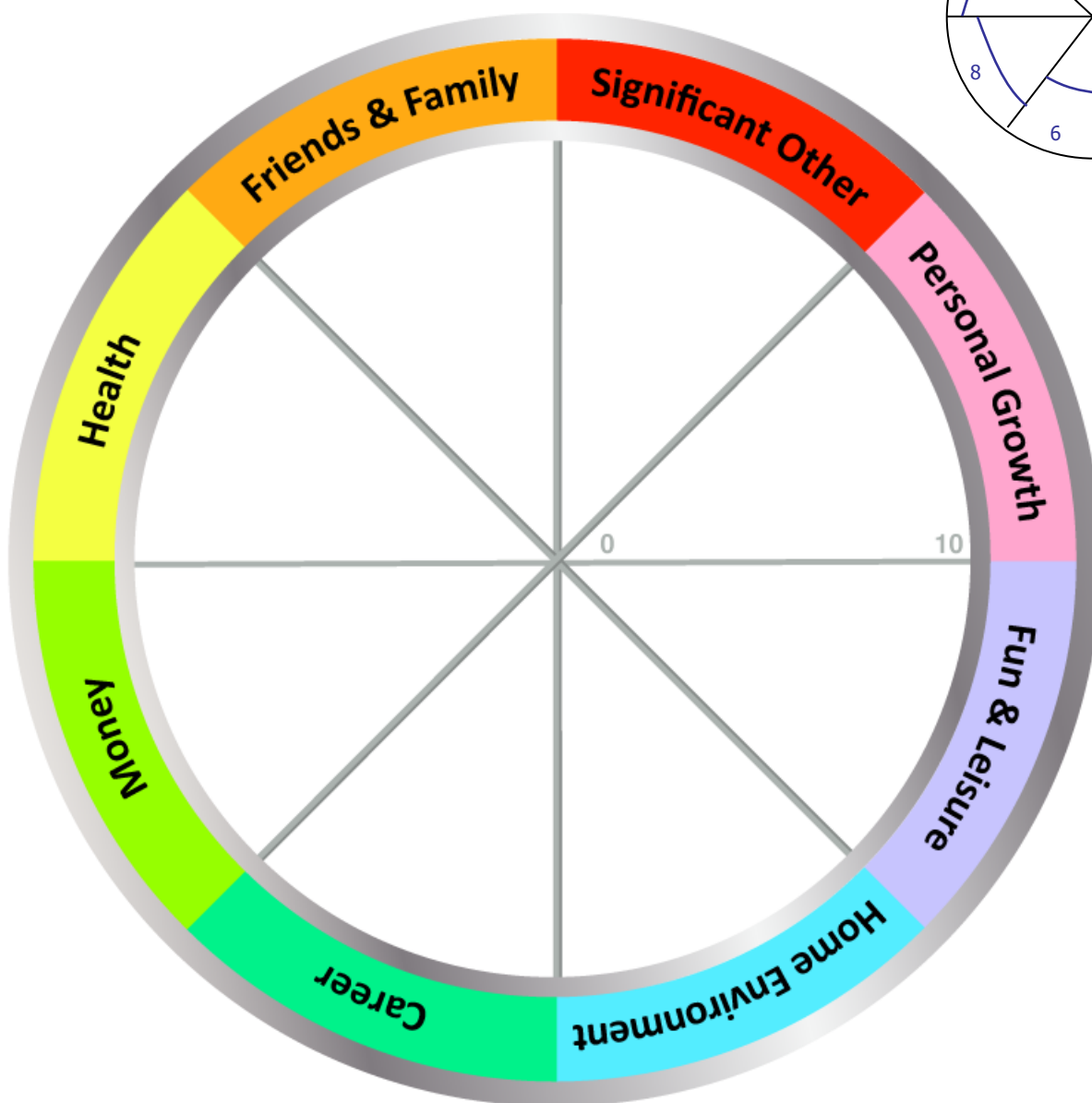
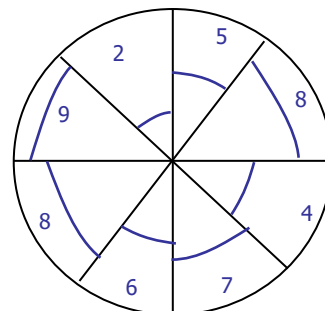


WHEEL OF LIFE TEMPLATE

YOUR NAME: _____

TODAY'S DATE: _____

EXAMPLE



WHEEL OF LIFE TEMPLATE

Introduction

Balance is personal and unique to each individual - what may be satisfying or balanced for some may be stressful or boring for others. This exercise raises a self-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. Review your Wheel with a regular check-in as this can highlight useful patterns and help you learn even more about yourself.

Instructions

1. Review the 8 Wheel Categories

Think briefly what a satisfying life might look like for you in each area. Feel free to change the category labels to whatever is most important to you. Other categories could include "Security", "Service", "Leadership", "Achievement" or "Community".

2. Next, draw a line across each segment that represents your satisfaction score for each area

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example)
- Use the FIRST number (score) that pops into your head, not the number you think it should be.

3. Now review your completed Wheel and consider the following questions

- Are there any surprises for you?
- How do you feel about your life as you look at your Wheel?
- How do you currently spend time in these areas? How would you like to spend time in these areas?
- What would make that a score of 10?
- What would a score of 10 look like?
- Which of these categories would you most like to improve?
- How could you make space for these changes in your life?
- What help and support might you need from others to make changes and be more satisfied with your life?
- What change should you make first? And what change do you want to make first?
- If there was one key action you could take that would begin to bring everything into balance, what would it be?

4. Acting upon your answers

Wrap-up the exercise by identifying one action for each area, and then pick 1-3 actions to get started. Which 3 areas do you most want to work on? Now identify an action for each.

Tip: What is the smallest step you could take to get started and begin there.