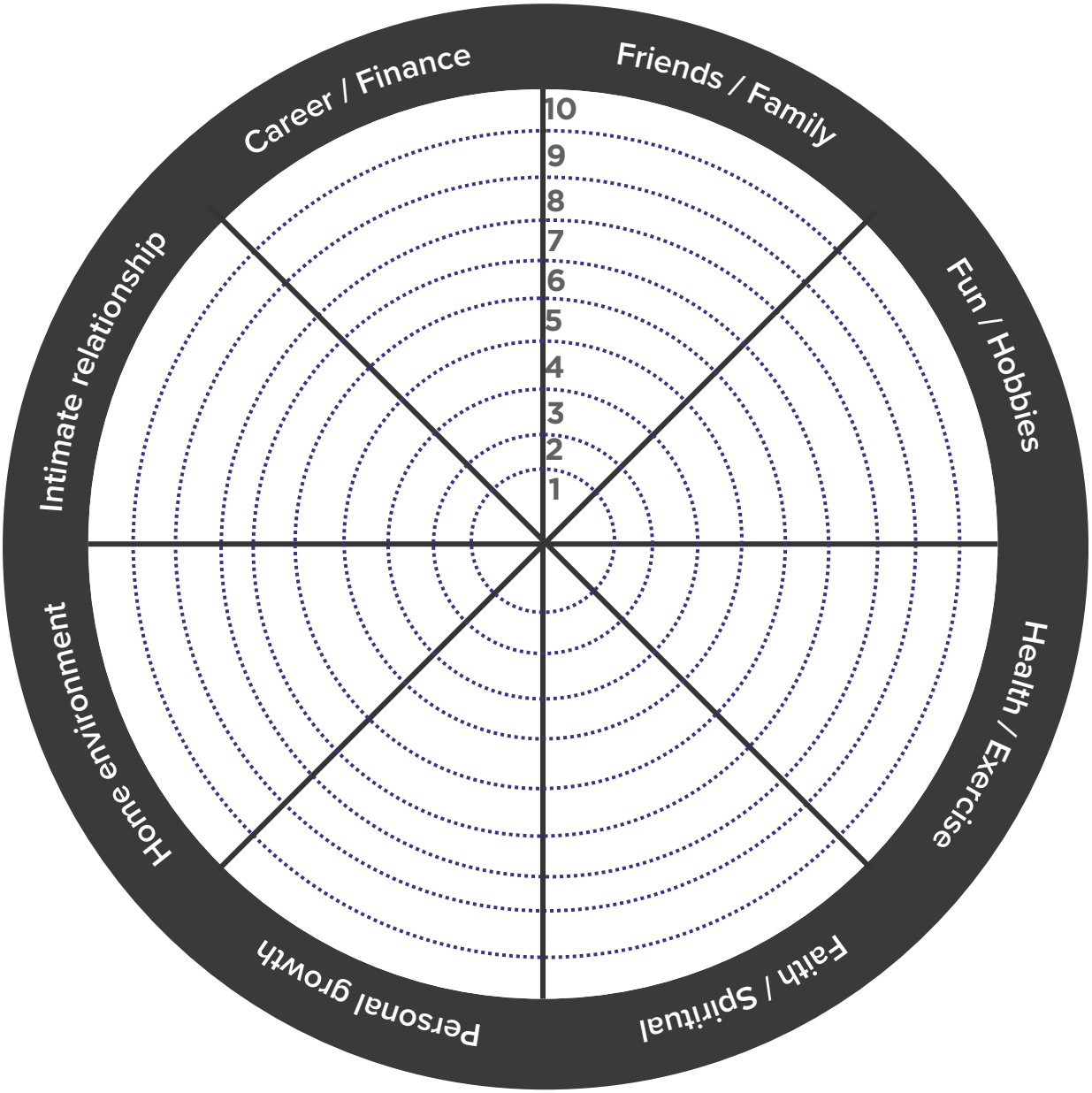
WHEEL OF LIFE



NOTES

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THE WHEEL OF LIFE EXERCISE - INSTRUCTIONS

Balance is personal and unique to each individual. What may be satisfying for one person may be stressful or boring for others.

This exercise raises 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.

1. Review the 8 categories on the Wheel of Life. The categories should together create a view of a balanced life for you.
2. Think about what success or satisfaction would feel like for each area.
3. Now rate your level of satisfaction with each area of your life by drawing a line across each segment.
4. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied you currently are with each category in your life.

The new perimeter of the circle represents your Wheel of Life.

5. Now, looking at the wheel here are some great questions to ask to take the exercise deeper:

Q. Are there any surprises for you?

Q. How do you feel about your life as you look at your Wheel?

Q. How do you currently spend time in these areas? How would you like to spend time in these areas?

Q. For each category, what would make that a score of 10?

Q. What would a score of 10 look like?

Q. Which of these categories would you most like to improve?

Q. How could you make space for these changes in your life?

Q. What help and support might you need from others to make changes and be more satisfied with your life?

Q. What change should you make first? And what change do you want to make first?

Q. If there was one key action you could take that would begin to bring everything into balance, what would it be?

6. Taking action - the final step. Identify one action for each area, and then pick 1-3 actions to get started.

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