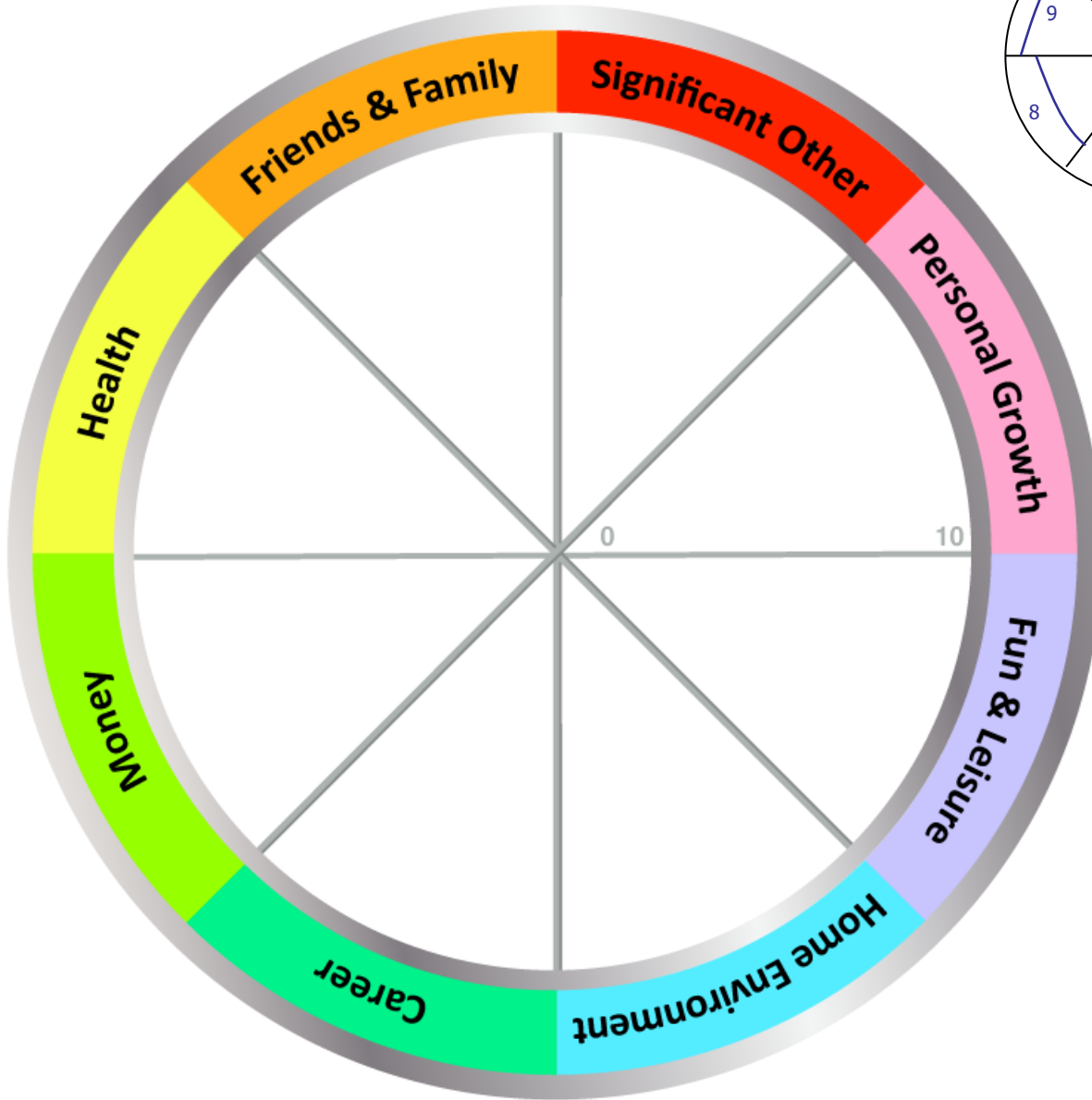
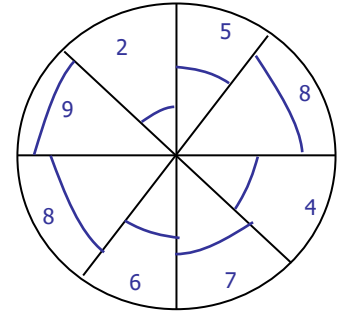




# Wheel of Life

TODAY'S DATE: \_\_\_\_\_

## EXAMPLE



### COMPLETE THE WHEEL:

- Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area. Feel free to change, add, or remove categories to represent your life.
- 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 above)

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



# Wheel of Life

## The Wheel of Life Exercise

### Now, looking at the wheel: Reflect:

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?

### Notes:

- 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 is meant to raise awareness and create a plan for a life that is more satisfying and closer to one's ideal life. It also helps clarify priorities.
- Balance must be assessed over time. A regular check-in (eg. with this exercise) can highlight useful patterns and help increase self awareness.
- Another option is 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.