

The Wheel of Life

Take a proper look at yourself today - where you are, how you feel right now

This tool is really simple, and really powerful - because it's **quick** and **easy** to do, furthermore the **results** are **visual** and **obvious**.

Here's the Wheel of Life:



Here's what each of the areas of the Wheel of Life mean:

- **Work/Career** (work-life balance, feelings of success/frustration)
- **Health** (energy levels. How you feel in yourself. Part of your Physical Wellbeing)
- **Stress/Mental Load** (how much is on your plate. To do list management. Saying yes/no too much or not enough)
- **Nutrition** - food/ drink (are you happy with what you put in your body)
- **Environmental/ Spirituality** (are you interacting enough with the world around you, spending enough time outside)
- **Self-Care/ Alone Time** (part of your Emotional Wellbeing. Do you spend enough time on this? Are you feeling emotionally strong and stable right now)
- **Life Purpose/ Meaning** (do you feel you're following your true path/ being true to yourself)

- **Exercise** (are you happy with how much you're doing, and likewise what you're doing)
- **Relationships** (are they positive or caustic? Above all are they making you happy or stressed? Part of your Social Wellbeing)
- **Finances - Security/ Satisfaction** (are you comfortable with where you are and where you want to go/ be)
- **Fun/ Play/ Leisure/ Recreation** (are you spending enough time enjoying yourself, laughing, relaxing, enjoying life)
- **Home/ Family** (is this a happy place for you)

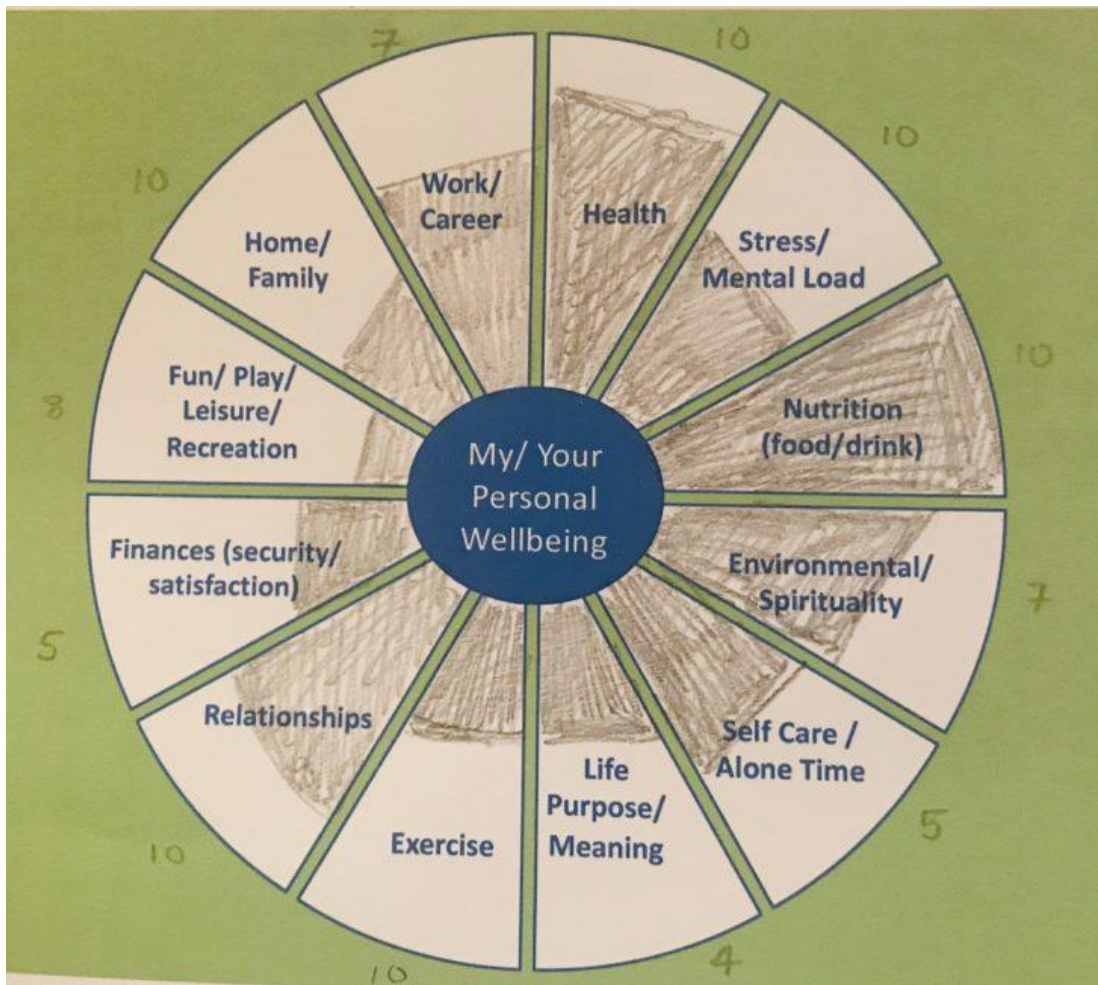


What to do!

1. **Print** off the Wheel Of Life
2. Choose **one** cog/piece to focus on first
3. **Without overthinking it**, colour it according to your feelings *most of the time at the moment*.
 - a. Colouring in the whole piece represents **10/10 feeling GREAT**
 - b. colouring a small amount represents **1/10 feeling RUBBISH.**
4. For example, take "**Exercise**". You're doing an exercise class twice a week but feel like you could do a bit more, you might colour in most of the piece (representing a 7/10).
5. Repeat the colouring in for **every** piece.

Analysis

One of the reasons this exercise is so powerful is because it's **visual**. It's very clear to **see** what you're feeling. **Here's an example of a wheel filled in:**



Take a look at YOUR wheel - Does anything stand out?

1. Are there any areas that are particularly coloured? Or noticeably empty?
2. Of these, which are the most important to you? Put an importance ranking between 1 (low) to 10 (high) around the edge of the wheel against each piece
 - o Whilst some areas may be coloured in less than others, they might not be high up on what's important to you (e.g. below, not much colouring in the *Home/ Family* cog right now is ringing more alarm bells than not much colouring in *Finances* - as the importance of *Home/Family* is 10 compared to 5 for *Finances*)

Decide which area to focus on

Start small. Don't try and 'boil the ocean' by picking lots of areas to work on. **Choose one that's clearly an issue but particularly important to you** (hence the ranking exercise).

Set some goals and intentions

Ask yourself:

- What will make me feel good in this area of my life/ what do I want?
- What can I do to change the current situation?
- What do I need more of or less of to be happy in this area?
- What can I commit to?

Write them down

So you can track how you're doing and how you're feeling over a period of time.

Check how far you've come

Re-do your Wheel Of Life regularly, e.g. every 3 months.

Has anything changed? Do you need to focus on something else?