



The Wheel of Life

As we move forward, a lot of us are looking at our lives and reprioritizing. To help you in this process, here is an exercise to help you identify where you might be out of balance and get you started on creating the life you want.

1. Draw a Circle no more than about 3 inches (8cm) in diameter on a blank sheet of A4 paper. (Or use the blank wheel at the end of this document.)
2. Divide it into 8 wedges.
3. Label each wedge with an area of your life that is important to you, some suggestions are listed below for help but feel free to add your own:
 - Partner
 - Family
 - Work/Career
 - Community/Support
 - Friends
 - Health
 - Fun/Play
 - Creativity
 - Personal Growth
 - Home/Environment
 - Money/Wealth
 - Spirit
4. For each area, identify where you are at this point in time. How satisfied are you with that area of your life. Use a scale of 1 to 10, with 1 being very little or no satisfaction and 10 being fully satisfied. The center of the circle is 0; the outer edge of the circle is 10. Put a dot on the approximate point in each wedge. (e.g. A satisfaction level of "5" would be right in the middle of the wedge.)
5. "Connect" the dots. Draw a line from one wedge to the next to create a 'circle within the circle'. How round is your inner circle? If it was a wheel, would it be a smooth or bumpy ride?

6. Next draw another circle outside the first one and extend the spokes of your wheel to meet the new circle.
7. In the new blank space write down a concise specific description of what a 10 would be in that particular area of your life **or** one particular outcome that that you want to happen eg. Family - Have a conversation with my daughter without arguing, Health – Lose those extra pounds you put on at Christmas.
8. Next draw another circle outside the second one and extend the spokes of your wheel to meet this new circle.
9. In the new blank space write down why this outcome is important to you.
10. Finally for each segment of the wheel decide on one action that you will take in the next 24 to 48 hours that will start to take you closer to your goal.

Then start taking Action!

