

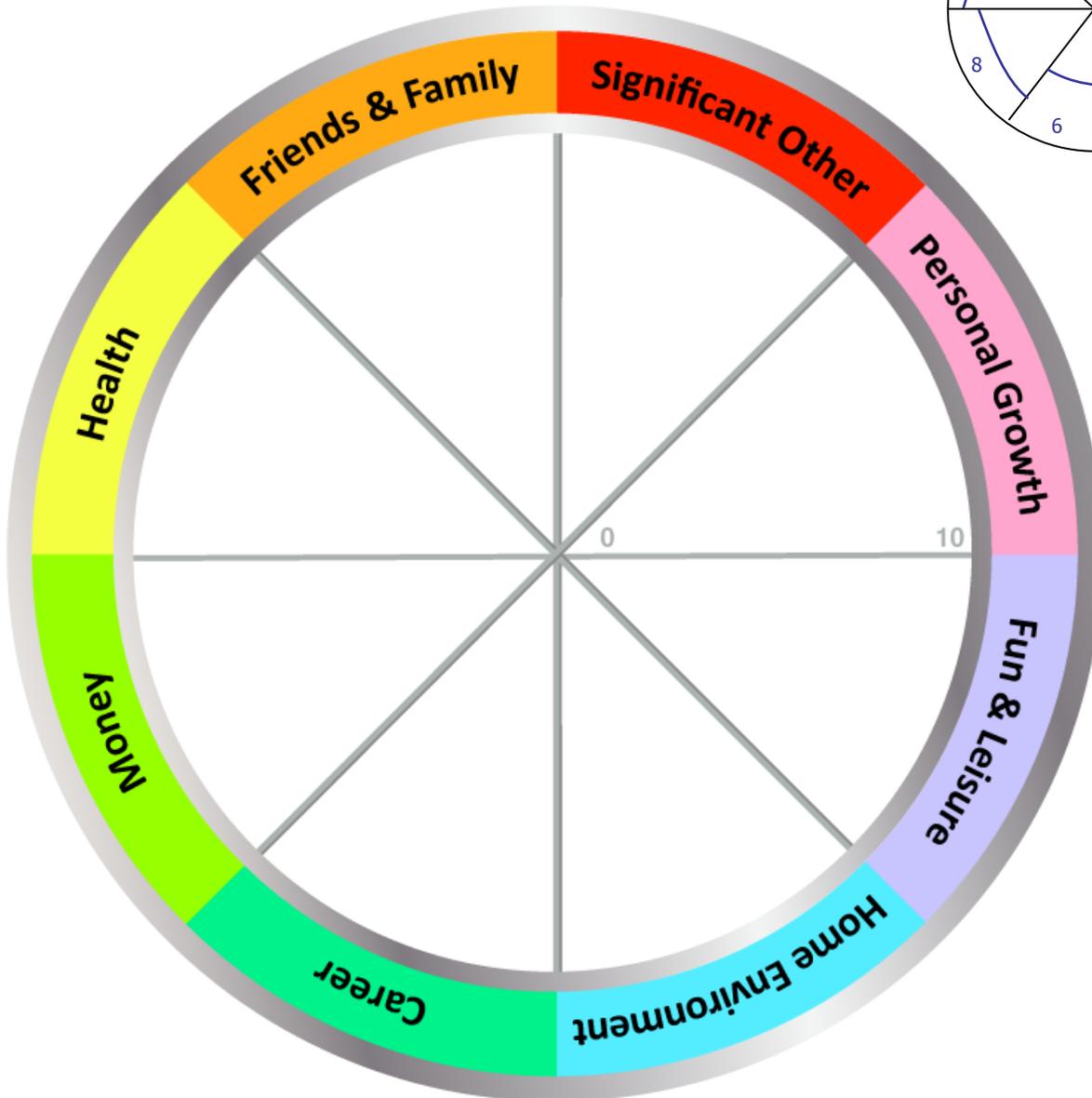
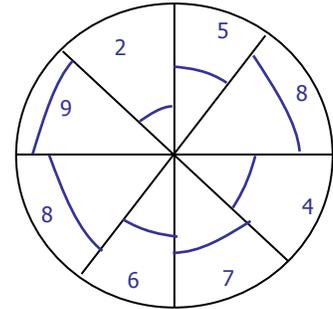


Your Wheel of Life!

YOUR NAME: _____

TODAY'S DATE: _____

EXAMPLE



COMPLETE THE WHEEL:

- 1. Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- 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 above)

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



Your Wheel of Life!

SUPREME COACHING

The Wheel of Life Exercise – Instructions

Notes:

- The best way to use this would be to download or print.
- Balance is personal and unique to each individual - what may be satisfying or balanced for some may be stressful or boring for others.
- Balance is a must. A regular check-in, can highlight useful patterns and help you to learn even more about yourself.

Instructions:

1. Review the 8 categories on your Wheel of Life. The categories should together create a view of a balanced life for you. If necessary you can split category segments to add in something that is missing, or re-label an area to make it more meaningful for you. **Examples of changes are:**
 1. **Family and Friends:** Split - Family and Friends into separate categories.
 2. **Significant Other:** Changing the category name, to Relationship or Life Partner.
 3. **Career:** Changing the category name to Work, or Business.
 4. **Finances:** Changing the category name to Money, Financial Security.
 5. **Health:** The category name could be split or changed to Emotional, Physical, Spiritual
 6. **Home Environment:** The category could split or change to Work Environment.
 7. **Fun & Leisure:** The category name could change to Recreation.
 8. **Personal Growth:** The category name could change to Self-Development or Spiritual.
 9. Other categories to add could include Security, Leadership or Achievement.
2. Think about what success or satisfaction would feel like for each area.
3. Rank your level of satisfaction with each area of your life by drawing a line across each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied you are currently with each category in your life.
4. The new perimeter of the circle represents your Wheel of Life. "Is it a bumpy ride?"
5. Now, looking at the wheel :
 1. Are there any surprises for you?
 2. How do you feel about your life as you look at your Wheel?
 3. How do you *currently* spend time in these areas? How would you *like* to spend time in these areas?
 4. What would make that a score of 10?
 5. What would a score of 10 look like?
 6. Which of these categories would you *most* like to improve?
 7. How could you make space for these changes in your life?
 8. What help and support might you need from others to make changes and be more satisfied with your life?
 9. What change *should* you make first? And what change do you *want* to make first?
 10. If there was one key action you could take that would begin to bring everything into balance, what would it be?
6. Pick three areas of the wheel and let's discuss how to improve your life in these, give me a call: 07855570334 or send an email directly to: bally@supremecoaching.co.uk