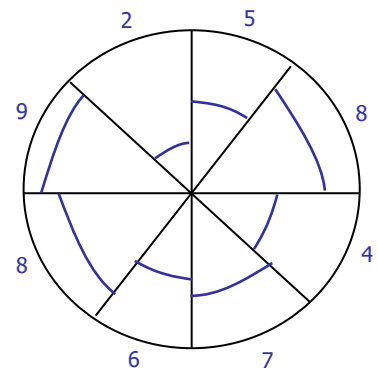


## WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

## EXAMPLE



NAME: \_\_\_\_\_  
 DATE: \_\_\_\_\_

## The Wheel of Life Exercise – Coach Instructions

### Notes:

- This exercise will help clarify priorities for goal-setting, allowing the client to plan so that their life is closer to their definition of balance.
- Balance is personal and unique to each individual – what may be balance for some may be stressful or boring for others.
- Balance must be assessed over time. So, a regular check on how balanced the client is can highlight useful patterns and help them learn even more about ourselves. You can do this with them, or recommend they do it for themselves
- Another option with this exercise is that they can ask someone who knows them well to complete the scores for them. It can be helpful sometimes to see an outside perception of your life 'balance'. Note: This must be someone they trust AND whose opinion they value.

### Detailed Instructions:

1. Ask them to review the 8 areas on the Wheel of Life. The Wheel must, when put together, create a view of a balanced life for them. If necessary they can split categories to add in something that is missing for them. They can also re-label an area so that it is more meaningful for them. Common categories are:
  1. Family/Friends
  2. Partner/Significant Other/Romance
  3. Career
  4. Finances
  5. Health (emotional/physical/fitness/nutrition/wellbeing)
  6. Physical Environment/Home
  7. Fun/Recreation/Leisure
  8. Personal Growth/Learning/Self-development
  9. Spiritual wellbeing (not necessarily religion – can be sense of self)
  10. Others could include security, service, leadership, integrity, achievement or community.
2. Ask them to think about what success feels like for each area.
3. Now ask them to rank their level of satisfaction with each area of their 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 they are currently with these elements in their life.
4. The new perimeter of the circle represents their 'Wheel of Life'. You can ask them, "Is it a bumpy ride?"
5. Now, looking at the wheel here are some questions to ask the client and take the exercise deeper:
  - a. Are there any surprises for you?
  - b. How do you feel about your life as you look at your Wheel?
  - c. How do you currently spend time in these areas?
  - d. How would you like to spend time in these areas?
  - e. Which of these elements would you most like to improve?
  - f. How could you make space for these changes?
  - g. Can you effect the necessary changes on your own?
  - h. What help and cooperation from others might you need?

NAME: \_\_\_\_\_  
DATE: \_\_\_\_\_

# The Wheel of Life

- i. What would make that a score of 10?
- j. What would a score of 10 look like?
- k. Have you ever been higher than the number you have recorded?"
- l. "What was different when you were higher up the scale?"
- m. "What was actually happening when you were higher up the scale?"
- n. "Have you ever been lower than the number you have recorded?"
- o. "What did you do to move up the scale?"
- p. "What have you learnt from previously being lower on the scale?"
- q. "What number on the scale do you want to be?"
- r. "What actions can you take to start moving up the scale?"
- s. "If you moved up the scale, what will be happening to tell you that you have arrived at that number?"
- t. "What would need to happen for you to move up one point on the scale by this time next week?"
- u. "What might affect you moving up the scale?"
- v. "What can you do to overcome this obstacle – how can you prepare?"

NAME: \_\_\_\_\_  
DATE: \_\_\_\_\_