

## **THE WHEEL OF LIFE EXERCISE: EXPLORING THE BUILDING BLOCKS OF LIFE SATISFACTION**

Essentially, the Wheel of Life is divided into different areas or categories that are important to you. What you see on the next page is a common example of the Wheel of Life. On each line surrounding the Wheel of Life you may divide the Wheel into major categories of life including Business/Career, Finances, Health, Family & Friends, Romance, Personal Growth, Fun & Recreation, and Physical Environment. There is a scoring system behind using the Wheel, where you simply reflect and rate your satisfaction levels out of 10, where 1 (lowest satisfaction) is closest to the centre of the circle and 10 (highest satisfaction) is at the edge of the circle.

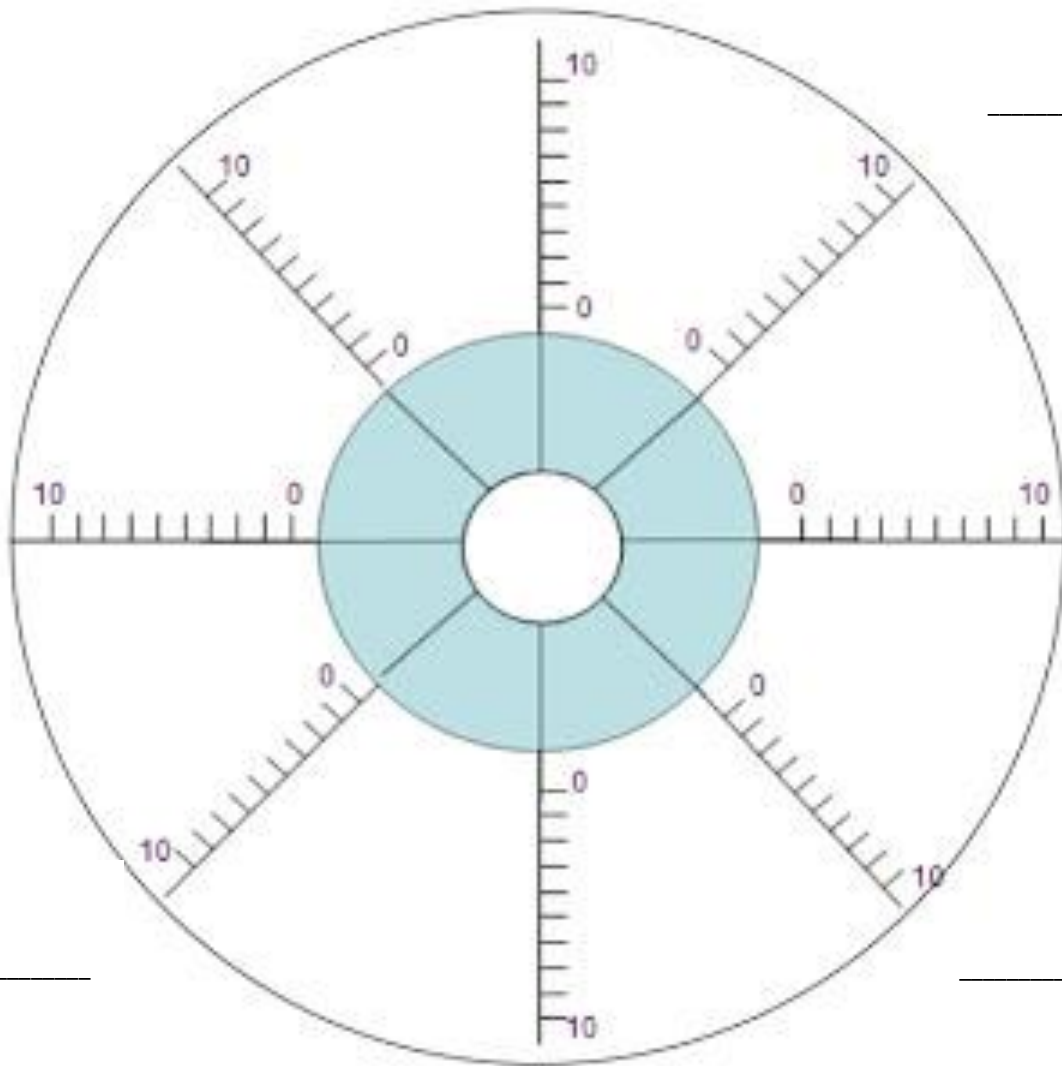
Note that the suggested categories on the Wheel that I just mentioned are just that -- a suggestion. Before you rush into an analysis and complete the Wheel, give some thought to whether there are any other categories or specific areas you would like get an understanding of, such as Spirituality or Contribution to Society. Perhaps you may want to have Family & Friends as two separate categories to understand each more specifically. Or, perhaps you want to create something much more specific, such Exercise and Eating Properly.

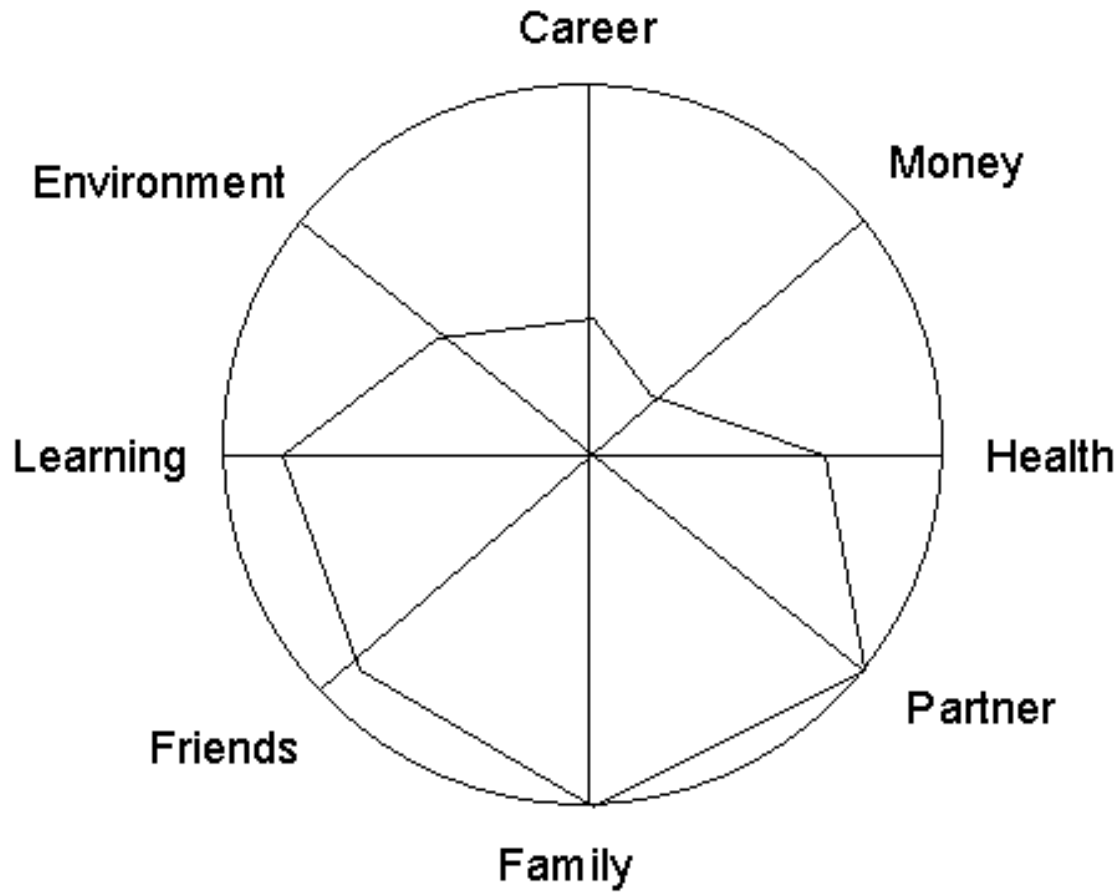
Remember, this is about you finding happiness and balance in your life so it will need to be clear and simple for you to understand.

One of the biggest benefits of the Wheel of Life is the pictorial representation it gives of your satisfaction with life, as you can see by looking at the filled out Wheel of Life on page 3. When your Wheel is completed, it will give you a spider-like diagram or 'inner-circle' of your satisfaction levels and allows you to quickly and easily identify any gaps between where you are now and where you want to be.

Now that you understand the building blocks of the Wheel, let's go ahead and actually complete it!

## THE WHEEL OF LIFE





## EXAMPLE OF A FILLED OUT LIFE WHEEL

## STEP 1 TO COMPLETING THE WHEEL OF LIFE

Take your time doing this, I would recommend around 10-15 minutes. Make sure not to expend all of your time just on Step 1. This is just a start to your personal reflection. The goal is not to solve anything today!

Choose 8 of the following items (or some aspect of the items) to include in your wheel. These will be the basis of your Wheel of Life. Chose those that you wish to analyze at this time. To help you with this exercise I have provided some thought prompters:

**Career & Studies:** Is your career where you want it to be by now? Are you heading in the right direction?

**Finance & Wealth:** Are you earning enough income to satisfy your current needs? Are you financially setup for future growth in wealth?

**Health & Fitness:** How physically healthy are you? Are you satisfied with your level of fitness? Are you satisfied with your diet?

**Social & Friends:** Are your friends supportive of you? Are you engaging friends and socializing to your satisfaction levels?

**Family:** Is your family supportive of you? Are you supportive of your family?

**Love:** Do you feel loved? How often are you expressing love to others?

**Recreation & Fun:** Are you enjoying your life and making it fun? Are you satisfied with the level of activity that you do?

**Contribution:** How would others rate your contribution to society or to them as individuals?

**Personal Growth:** How focused are you on personal growth? Are you satisfied with your direction? Are you trying new experiences and seeking to learn?

**Spiritual:** How connected are you to the inner and outer world? Are you satisfied with your relationship with your spiritual being?

**Self-Image:** Do you think of your abilities highly? Do you respect and love yourself? Do you appreciate yourself?

For each item you've put in your wheel, score your satisfaction levels against each of the different categories you have on your Wheel from 1 (lowest) to 10 (highest). Put yourself in a state of mind where you limit distractions and reflect on your life as a whole.

## STEP 2 TO COMPLETING YOUR WHEEL OF LIFE

Take a moment to appreciate your Wheel of Life. What does it look like? Are there any surprises? You will have about 5-10 minutes in this part of the exercise. It's time to coach yourself!!

If you have scores of 8-10 for any categories, congratulations! You are very satisfied in this particular area. It's important you maintain what you are doing to ensure you remain satisfied in this area, however don't overlook that there may be areas for improvement. This is important to ensure you are not limiting your potential for even further growth and satisfaction in this area.

If you have scores of 5 to 7 for any of the categories, you are reasonably satisfied in this particular area but there is definitely opportunity to explore ideas to move this up the scale.

If you have scores of 0 to 4 for any of the categories, you are not very satisfied in this particular area and you will need to explore ways of enhancing your satisfaction here. No need to get down about these scores though, as scores of 0 to 4 are full of opportunity! It's also the area where the individual can grow the most and get the most value!

I encourage you to reflect on the below questions with time remaining:

*Why did I score myself in each category the way I did?*

*What is my ideal score for each category to achieve in the next month, 3 months, 6 months, one year?*

*Where are my biggest gaps in satisfaction levels?*

*Which area of my life do I primarily want to focus on to enhance my satisfaction levels?*

An important thing to remember is that this is your Wheel of Life. Is your current wheel crooked or is it balanced? It is very easy to become extremely satisfied in one area, but at what cost?

For example, you can spend all your time and energy working on your career and make some fantastic progress. Perhaps you will even become extremely satisfied with your finances and wealth. However, what may happen to your relationships? Your health and well-being? Are you having fun along the way?

The key is to find the balance and that is the beauty of the Wheel. Balance is personally defined. What feels balanced to one person may feel off balance to someone else! What is your personal definition of balance?

### STEP 3: COACHING A PARTNER

The Wheel of Life exercise is the perfect starting point for goal-setting -- this is why so many life coaches, career coaches and executive coaches use it as a tool.

What area would you like coaching on? Or, what area are you willing to explore with another person today? Once an area is selected, engage with 1 other person in a brief coaching session. Use any of the tools that you already know well from working with your coaches – such as the GROW model -- to help the other person explore how to take action, what they can be (or are ready to be) held accountable for (by others, by themselves).

You will have about 10-15 minutes for EACH PERSON to serve as coach and coachee in this conversation. Make sure to allocate the time available to you so that each person gets some coaching!