**The Wheel of Life**

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

Fun, Leisure and Recreation

Personal Growth and Learning

Significant Other

/ Romance

Physical Environment
(eg. Home)

Career

Money

Health

Friends

and Family

0

10

**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**

8

9

7

2

4

5

8

6

# The Wheel of Life Exercise

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 can highlight useful patterns.

**Detailed Instructions:**

1. Review the 8 areas on the Wheel of Life. The Wheel must, when put together, create a view of a balanced life for you. If necessary, split categories to add in something that is missing for you or re-label an area so that it is more meaningful for you. The usual 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. Now 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 these elements in your life.
3. The new perimeter of the circle represents your ‘Wheel of Life’. How does it look?
4. Now, looking at the wheel here are some questions to take the exercise deeper:
	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?
	4. How would you like to spend time in these areas?
	5. Which of these elements would you most like to improve?
	6. How could you make space for these changes?
	7. Can you effect the necessary changes on your own?
	8. What help and cooperation from others might you need?
	9. What would make that a score of 10?
	10. What would a score of 10 look like?