

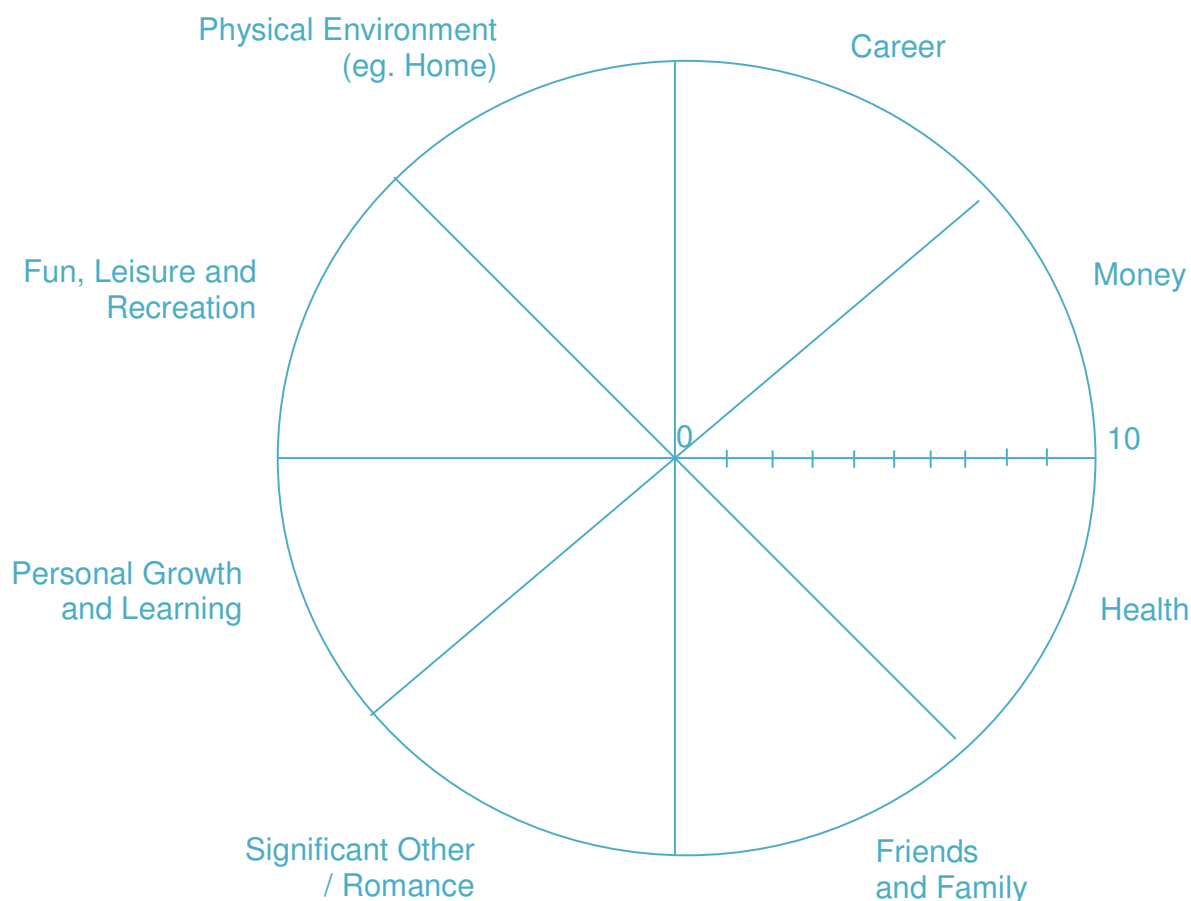


LifeQuest
Alliance
Helping Good People, Become Great

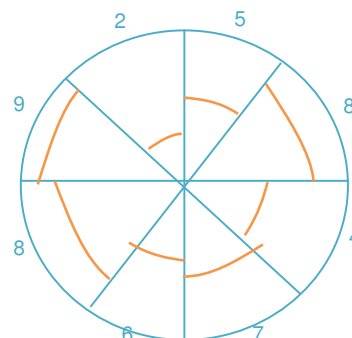
The Wheel of Life

NAME: _____

DATE: _____



EXAMPLE



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?



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Notes:

- This exercise will help clarify priorities for goal-setting, allowing each 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 you are can highlight useful patterns and help you learn even more about yourself.
- Another option with this exercise is that you can ask someone who knows you well to complete the scores. It can be helpful sometimes to see an outside perception of your life 'balance'. Note: This must be someone you trust AND whose opinion you value.

Detailed Instructions:

1. Review the 8 areas on the Wheel of Life. The Wheel must, when put together, will create a view of your balanced life. If necessary you can split categories to add in something that is missing. You can also re-label an area so that it is more meaningful for you. The traditional items on a wheel of life 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. Think about what success feels like for each area.
3. Rank your 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 you are currently with these elements 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 here are some further questions to ask yourself:
 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?