



WHEEL OF LIFE

This diagram represents the wheel of your life. It is divided into eight segments representing the collective areas of your life. The eight represent balance and harmony encouraging us to consider all areas of life.

This is a diagnostic tool used by coaches in some fashion or another which allows a client to see where their life is at right now. It gives you a visual check on which areas of your life need work and which ones are going well. It helps you quickly evaluate which areas need immediate attention. It is also very useful for measuring progress and change.

Each segment is labeled. If a label does not suit you, then feel free to change it or delete the segment all together. You can also introduce new segments to the wheel. It will be a good idea to print extra copies of this before you start.

Spirituality – Your Inner World

Health - Energized

Work – Doing what you love

Social - Connections

Personal Development - Expanding

Recreation - Playful

Family - Loving

Life Planning – Managed and attended to

Instructions

1. Fill in your name and the date at the top of the diagram. It is important to write the date on your wheel so you can do it again at regular intervals and compare the result with previous efforts to assess your progress.
2. Notice the gradation marks within the wheel. Each section is divided across by ten equal divisions. These represent numbers from 0 in the middle to 10 on the circumference. Use these marks to rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example insert).
3. Go round the circle and consider each segment in turn, asking yourself how you feel (not what you think) about the subject represented by that segment at this moment, and give it a

ranking from 0 – 10, where 0 is low and 10 is high. Then draw a line at the relevant points across each segment. **For example**, if you believe your Social segment is in a reasonable state but not outstanding and you feel a rank of five is about right, and then make a mark on the Social segment at the fifth gradation mark. Do the same with every segment in the wheel. The segments will be at different rankings, which is not unusual.

4. Now look at your wheel. Notice each segment paying particular attention to the ranking in each segment. The new perimeter of the circle gives you a visual view of the areas that may need to be modified to give you a more balanced experience. Like any other wheel, it would be difficult to turn smoothly, when it is lopsided and the weight is unevenly distributed.

So then, ask yourself which segment(s) need attention? Where do you want to focus your energy? How much energy are you prepared to put into changing the situation? What could you do to become more fulfilled and satisfied with it? What stops you of implementing the idea? Who could help you to find ways of make it work or create other options? Who could remind you to keep you on track?