



# WHEEL OF LIFE

*Self-Discovery Exercise*

CANCERWELLNESSINSTITUTE.COM

# WHEEL OF *life*

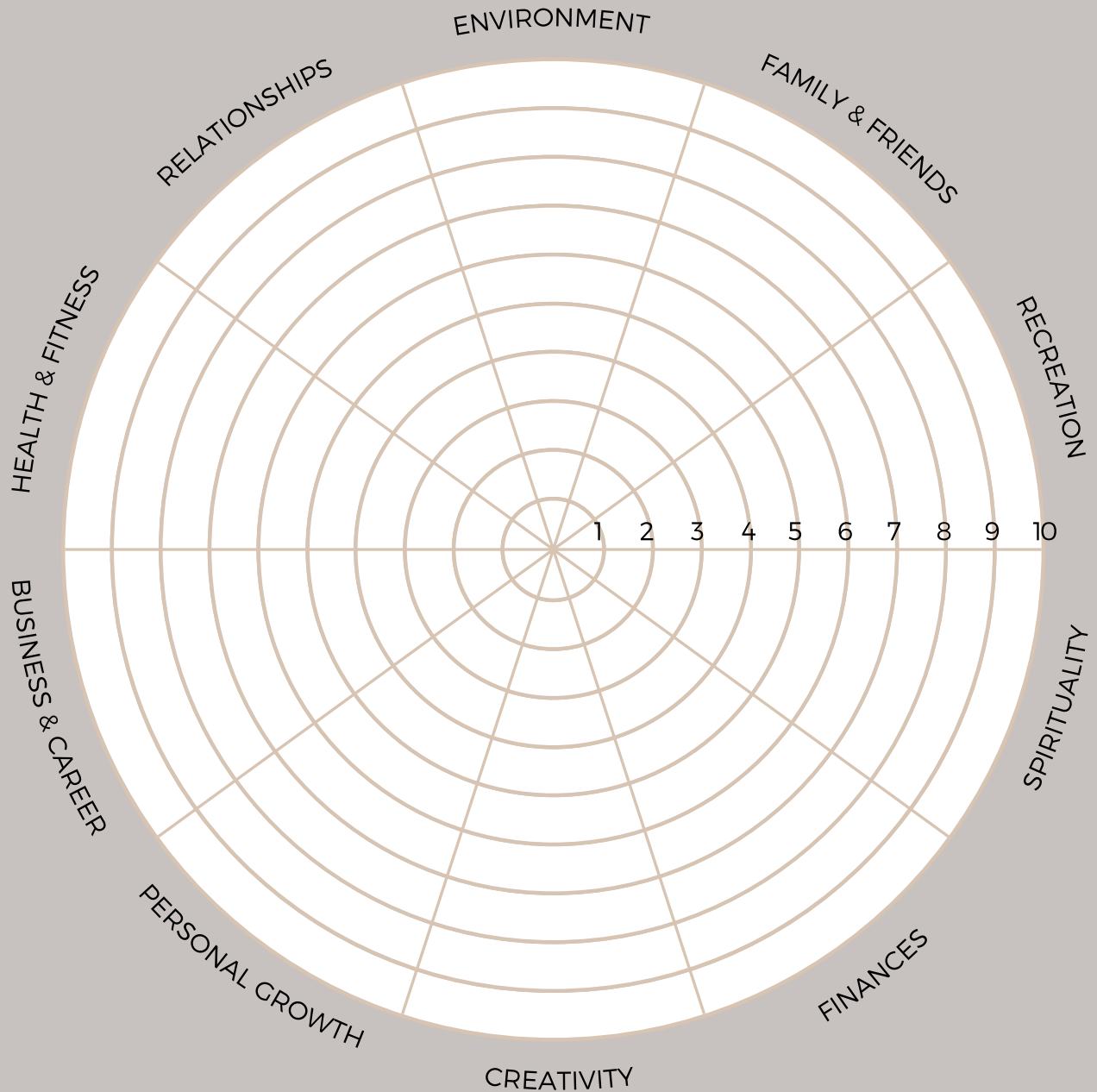
The Wheel of Life helps you focus on each area of your life and identify which areas need more attention. It gives you an immediate visual representation of how your life is now.

## *How to use*

- Assess each area of the wheel. On a scale of 1 (low) to 10 (high) assess the amount of attention you give to this area of your life. Mark the score on the relevant spoke of the wheel.
- Next join up or color in the marks. How balanced does your life look?
- Then consider what an ideal score in each area would be. Some areas will need more attention than others depending on the priorities in your life so aim for an ideal level of attention for each area.
- Map these on your wheel.
- Now you'll see your current life balance and your ideal life balance. Where you see gaps can influence your subsequent goal setting as these are areas that need attention.
- Plan the actions you need to take to regain balance. Focusing on the neglected areas, what actions do you need to take to regain balance? Make a commitment by recording these goals and action steps.

# WHEEL OF *life*

Think about the 10 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Wheel of Life map.



# WHEEL OF *life*

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.

RELATIONSHIPS



ENVIRONMENT



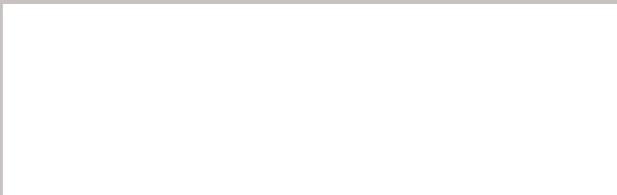
FAMILY & FRIENDS



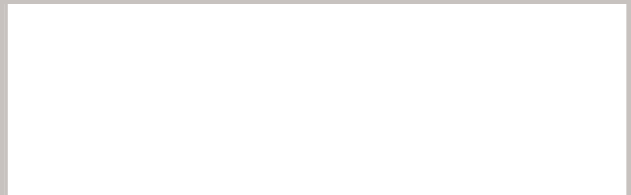
RECREATION



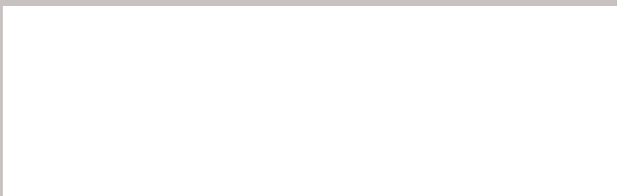
SPIRITUALITY



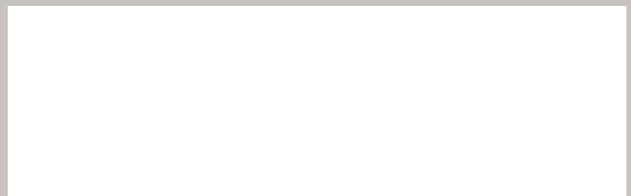
FINANCES



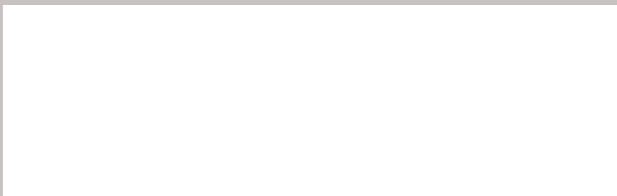
CREATIVITY



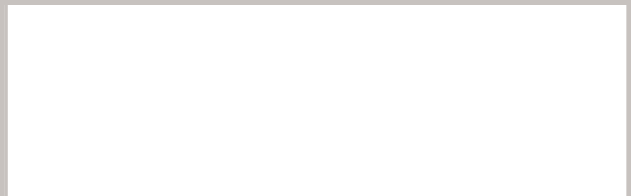
PERSONAL GROWTH



BUSINESS & CAREER



HEALTH & FITNESS



# WHEEL OF *life goals*

Choose the areas you'd like to work on and think about the goals and next steps you'll need to take to get there.

## RELATIONSHIPS


## ENVIRONMENT


## FAMILY & FRIENDS


## RECREATION


## SPIRITUALITY


## FINANCES


## CREATIVITY


## PERSONAL GROWTH


## BUSINESS & CAREER


## HEALTH & FITNESS


# WHEEL OF *life*

Using your Wheel of Life as a reference, answer the following questions to reflect on how you currently feel about these areas of your life.

Look at the balance in your wheel. How do you feel about your results?

What area are you most pleased with?

Which area surprised you the most?

Which area would you like to improve?

How will you improve in this area?

What will you need to improve?

What steps will you take to move closer to balance?

What help and support would you need to make these changes?

# LIFE *goals*

Plan out your 3 main goals and break these down into the action steps you need to take to achieve each goal.

GOALS

ACTION STEPS

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# SMART *goals*

When setting a goal, make sure it is SMART. You can use this worksheet to establish your smart goals.

## SPECIFIC

What is the goal? What do I want to accomplish?

## MEASURABLE

How will I know that I've accomplished the goal?

## ACHIEVABLE

Is this goal achievable? What will I need to do to achieve it?

## RELEVANT

How is this goal relevant to my life?

## TIME-BOUND

What is my deadline to accomplish the goal?



# WHEEL OF *life*

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.



FAMILY AND FRIENDS

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RECREATION

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SPIRITUALITY

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FINANCES

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PERSONAL GROWTH

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BUSINESS AND CAREER

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# WHEEL OF *life*

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.



HEALTH AND FITNESS

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RELATIONSHIPS

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CREATIVITY

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ENVIRONMENT

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OTHER NOTES/THOUGHTS

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