

YOUR WHEEL OF LIFE

The Wheel of Life is a simple and powerful exercise that helps you visualise multiple important facets of your life at once. It is often used by coaches to give their clients a "helicopter perspective" of their lives. By viewing a visual representation of all the areas of your life at once, the wheel helps you to better understand which of your life areas are flourishing and which area need attention.

Paul J. Meyer, the founder of the Success Motivation Institute, developed the wheel of life's modern-day version in 1960.

Instructions

On the wheel below:

1. Review the 8 Wheel Categories - think briefly what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment that represents your satisfaction score for each area.

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example above)

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!



