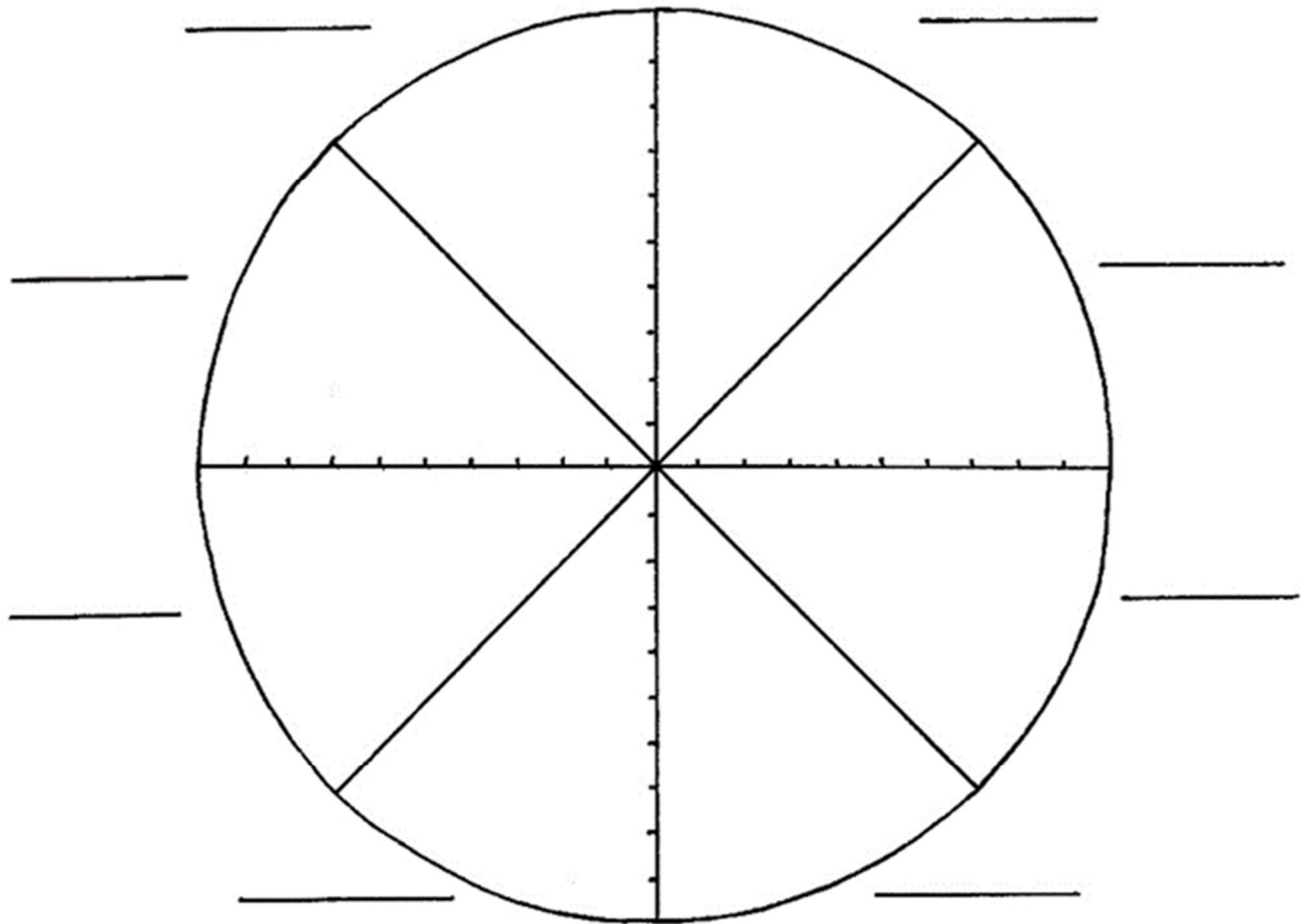




Wheel of Life





Using the Wheel of Life

Sometimes life seems a muddle and it is difficult to know where to start to make changes. This simple exercise enables you to start to unravel the confusion and gain a new perspective on where to begin.

To fill out your wheel of life, first label each of the 8 segments to represent different areas of your life – here is a list of some common labels, but choose words that are appropriate for you.

- Physical environment
- Career
- Money
- Health
- Friends & family
- Relationship
- Personal development / learning
- Leisure / fun

Take the centre of the wheel as “0”, and the outer edge as “10”, rank your level of satisfaction in each area by drawing a line.

Now, sit back and review the wheel. Remember, the aim is not necessarily to have all areas at “10” - there may be a good reason why some areas are lower than others at present. Look for areas that you are dissatisfied with, or that you would like to improve (these might not be your lowest scores!)

You may find it useful to “step back” from your wheel, reflect on the whole thing and ask yourself the following questions:

- Are there any surprises?

- How do you feel about your life as you look at the wheel?



- Which area would you most like to improve?

- What will improving that get you?

- What 3 things could you start doing now to improve that score?

- What would be your evidence that change is happening (the score is going up)?

- What will you see?

- What will you hear?

- How will you be feeling?



Don't worry if you are having difficulty in deciding which area to focus on – just pick any area. We operate as a cybernetic system which means that if one part of the system changes, the whole system will shift in order to accommodate the change. Whichever area you pick will have an impact on the other areas – the important thing is to pick one and start taking action!

Find out more

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