

Exercise

Wheel of Life

- What:** Get a helicopter view of your experiences, strengths and attributes, and identify what tasks you like and dislike.
- Why:** Identify the common denominator in your background.
- How:** Draw on previous experiences and write down your role/tasks, what you liked, what you didn't like and what skills you used. The table on this page is an example of how you can fill this in.

Life is always moving

The wheel of life is a model that is designed to make you more conscious of balance in your life. It shows you how you prioritise the various aspects of your life in relation to one another and whether this is in line with what you actually want. The wheel doesn't need to be perfectly balanced, but it can give an indication as to what areas you need to focus on and what synergies this can bring to your life.

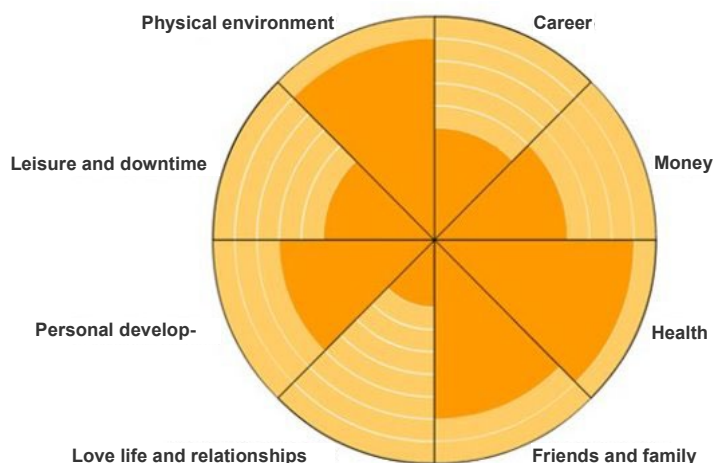
These are the eight life areas we will now assess:

- Career – Development at work
- Money – Your financial situation
- Health – Physical and mental
- Friends and family
- Love life and relationships
- Personal development
- Leisure and downtime – Holidays, rest, hobbies, free time and fun activities
- Physical environment – At home and the work-place

Example:

Each life area is given a score from 1 (very dissatisfied, closest to the centre) to 10 (very satisfied, outer edge of the circle).

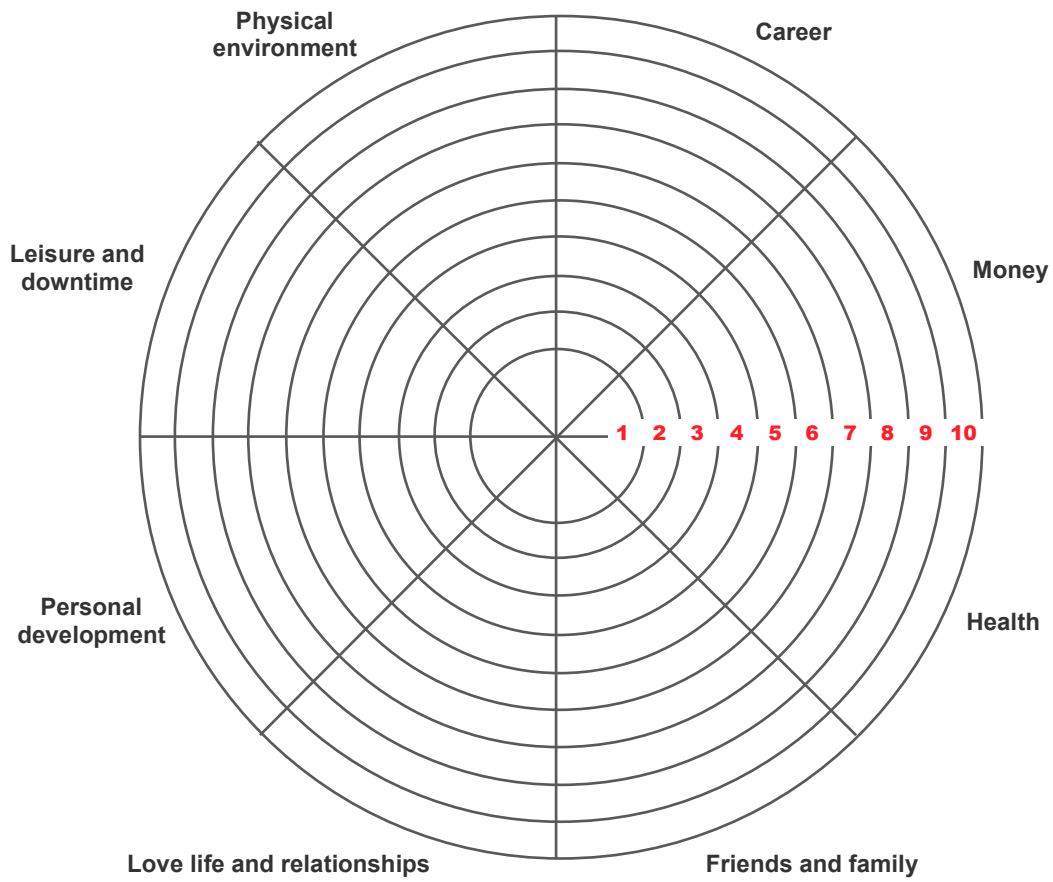
The example below has been scored as follows: career (5), money (6), health (9), friends and family (8), love/romance (3), personal development (7), leisure and downtime (5), physical environment (9). The person who completed this wheel is most satisfied with their physical environment, health, friends and family. They are less satisfied with their career, financial situation and love life.



Exercise 1

Use the figure on the next page and think about what your wheel of life looks like right now.

1. Score each life area from 1–10. How satisfied are you with the various areas? Think about how things are now and if you are able to spend as much time on this area as you would like. If you are unsure about what the various areas mean, check the explanation below.
2. If you have filled out the figure on paper, draw a line between your check marks to form a wheel. If you have done it on your computer, imagine a line running through all the check marks. Will the wheel be able to roll? Are there any areas you have given much lower points than others?
3. For the areas you have scored highly (7, 8, 9 or 10) – Describe what you have done up to now or what you still do to get such high scores. Also describe what you need to do to retain those scores.
4. For areas which you have scored with a 6 or lower – what can you do to improve your score here? Describe what it would take for you to give this area a higher score. Do you need to prioritise more time for this area? Is there anything you need to start or stop doing? Anything you need to do more or do less? What is the real reason behind the score being so low?
5. Are there any areas that you should prioritise spending more time on? And any that you should spend less time on?
6. Try and set some specific goals for what you need to address over the coming weeks – what do you need to do and when should you do it?
 - a)
 - b)
 - c)
 - d)



- CAREER** Do you like your job? Why? Why not? Is your work appreciated? Will you have the opportunity to develop? Are your work tasks interesting? Is your career moving in the direction you want? Do you work as much or as little as you want? Do you have balance between your work and private life?
- MONEY** Are your finances sound? Do you earn the money you need? Do you have enough money to do the things that are important to you? Do you have control over your expenses? Have you got any financial worries? Do you feel confident about your future finances?
- HEALTH** Are you in good health? Have you got any health problems or concerns? Are you satisfied with your physical condition and your body/weight? Do you exercise enough in a way you enjoy? Do you eat as healthily as you would like to? Do you get enough sleep? Have you got any specific goals relating to weight, fitness or health?
- FRIENDS AND FAMILY** Who are your closest family and friends? Do you have the level of contact with them you want? Are you satisfied with your relationship to different people? Are you able to dedicate enough time to the things that are most important to you?
- LOVE LIFE AND RELATIONSHIPS** If you are in a loving relationship, are you satisfied with how it works? Are you happy in your relationship? Are you able to spend enough time investing in your relationship? Are you happier, just as happy or less happy than you have been in the past? If you are NOT in a loving relationship – what are your feelings about this?
- PERSONAL DEVELOPMENT** What qualifications, expertise and skills do you have? Are you satisfied with these? Are there other things you are working towards? Are you on the way to attaining the skills you want? Do you spend time on your personal and/or professional development? Are there any areas you want to improve?
- LEISURE AND DOWNTIME** Are you able to spend the time you want on your hobbies and leisure interests? What do you like doing? What do you find enjoyable? What gives you energy and good experiences? What would you spend more time on if you had more free time?
- PHYSICAL ENVIRONMENT** How happy are you with your environment at home and at work? Do you have a home that you love? Are you happy with your environment at work? Are things as neat and orderly as you want them to be?

Exercise 2

The wheel of life in the future:

Now it's time to draw our future wheel of life. If you could choose, what would it look like?

1. How important is each area for you? Score each life area from one to ten on the wheel of life below.
2. What needs to happen within each area to achieve the scores you have given your future wheel?

Career:

Money:

Health:

Friends and family:

Love life and relationships:

Personal development:

Leisure and downtime:

Physical environment:

