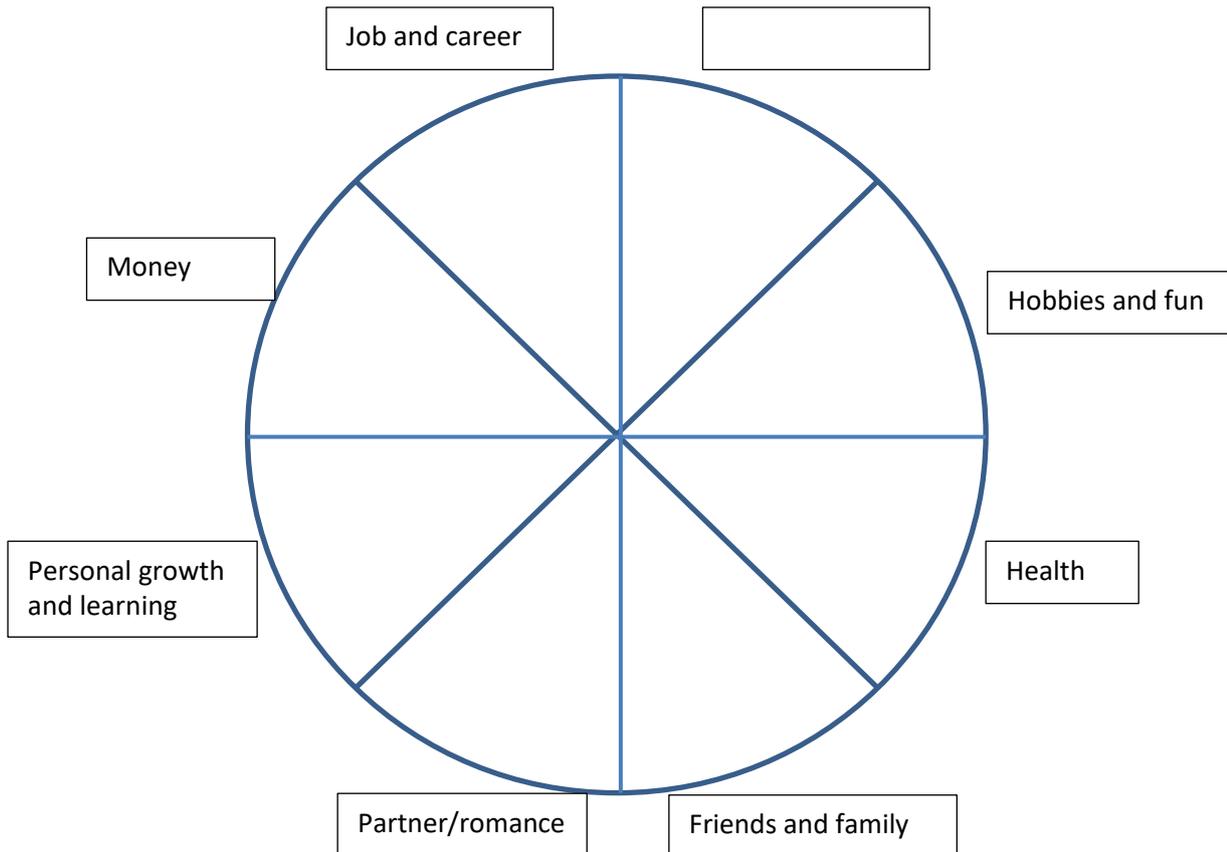


Wheel of Life

Developing yourself is not just about work. You bring your whole self to work, and take your whole self home. What happens to you in one part of your life spills over into the other parts. The diagram below is a tool for reviewing all the parts of your life and how you feel they are going at the moment.

Wheel of Life



Instructions

- The 8 sections of the Wheel of Life represent balance. One section is left blank for you to add your own section, and you can change, split or rename any category so that the wheel represents a balanced life for you
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10, by drawing a line to create a new outer edge.
- The new perimeter represents your wheel of life – is it a bumpy ride?

Review

What does your wheel tell you about the balance in your life?

- Which areas give you most satisfaction at the moment?
- With which areas are you least satisfied at the moment?
- What can you do to ensure you maintain your most satisfied areas?
- How do other people contribute to your higher levels of satisfaction?

Pick one area that gives you lower satisfaction at the moment

- What do you want to be different?
- What would it be like if you could improve your score?
- What could you do to change the situation?
- Who could you talk to about this?
- Who could help you?
- How would you know when it had improved?
- What would you see, hear, think, feel?

Set yourself one or two goals in the areas of lower satisfaction. Make these goals SMARTER. (ie very specific, measurable, achievable, realistic, time bound, exciting and rewarded).

The goals can be small steps towards improving your life in any of these areas (eg leave work earlier, go out with friends once a week, take up a hobby, read a book, talk to your family, have lunch with a work colleague etc). They don't need to be hard or difficult!