



Module 02.

Wheel of Life

Wheel of Life

“I’ve learned that you can’t have everything and do everything at the same time.” – Oprah Winfrey

Introduction to This Module

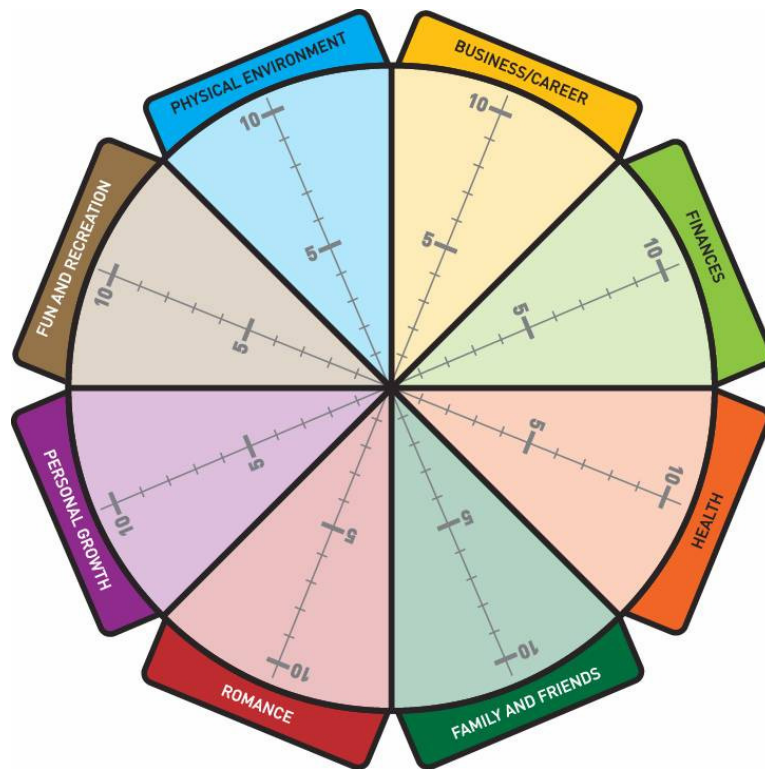
Now that you have gone through a process of reflecting on your life, it’s time to take a snapshot of *how satisfied you are* in life’s different areas and *how balanced your life currently is*.

Welcome to your Wheel of Life!

The Wheel of Life is the perfect tool to begin your journey to living your best life.

Life is all about balance. Too much of one thing can lead to too little in other important areas of your life. Using this tool, you will be able to reflect and gain some insight into the **balance of your life**.

The Wheel of Life will help you to understand **where you are spending your time and energy** and gain insight into **how satisfied you are** in life’s different areas. Following on from this self-reflection, you can utilise the tool to further delve into **why** your wheel of life looks the way it does, **what** you would like it to look like, and further into the **how** of making this happen.



The Building Blocks of the Wheel

Essentially, the Wheel of Life is a circle that is divided into 8 different segments, each representing a part of your life.

What you see above is a common example of the Wheel of Life, split into major categories of life including:

- Business/Career
- Finances
- Health
- Family & Friends
- Romance
- Personal Growth
- Fun & Recreation
- Physical Environment.

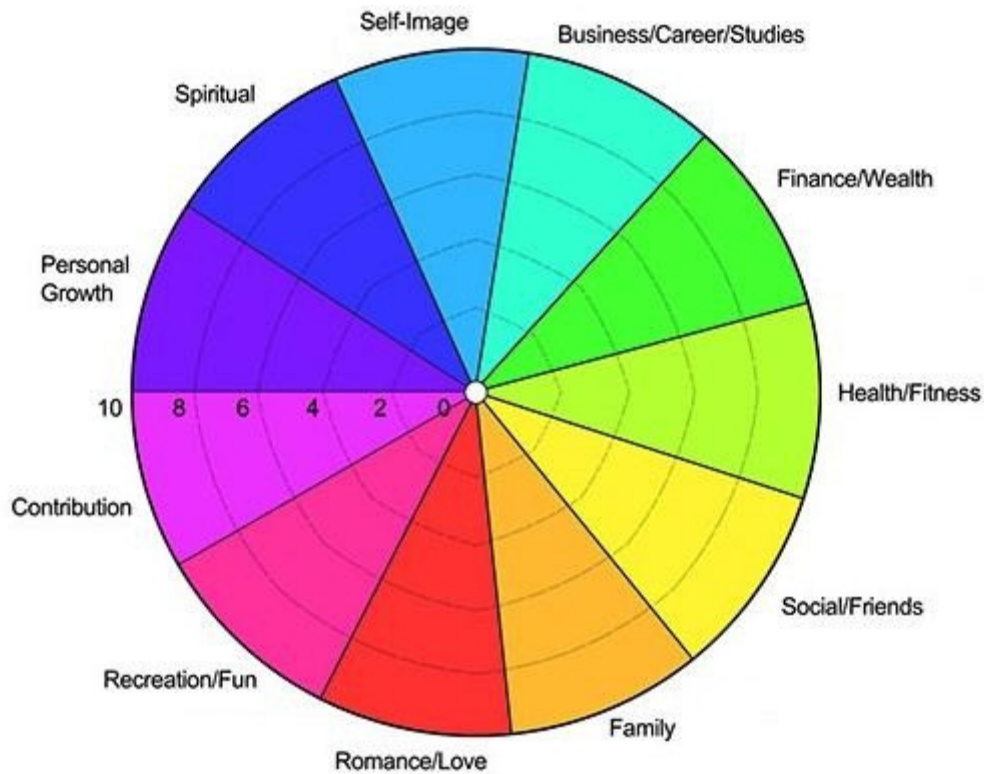
There is a scoring system behind using the Wheel, where you simply reflect and rate your satisfaction levels out of 10, where 1 is closest to the centre of the circle and 10 is at the edge of the circle.

A score of 1 would indicate that you are **not spending any time** on this part of your life and you're **absolutely unsatisfied** with how you're feeling with this.

A score of 10 would indicate that you are **spending a lot of time** on this part of your life and you're **absolutely satisfied** with how you're progressing within this area.

The above Wheel of Life is colour-coded to help simplify it and make it aesthetically pleasing... feel free to change this as you wish!

Note that the categories on the Wheel are a suggestion. You will find that with the above you will be able to score yourself in the majority of key areas in your life. However, before you rush into it and complete the Wheel, you may like to put some thought into whether there are any other categories or specific areas you would like get an understanding of, such as Spirituality or Contribution to Society. Perhaps you may want to have Family & Friends as two separate categories to understand each more specifically. Below is an example of what your personal Wheel of Life may look like.



Remember, this is about you understanding what's most important for you and how well you are balanced across all of life's different areas.

One of the biggest benefits of the Wheel of Life is the pictorial representation it gives of your satisfaction with life. When your Wheel is completed, it will give you a spider-like diagram or 'inner-circle' of the balance in your life and will allow you to quickly and easily identify any gaps between where you are now and where you want to be.

Now that you understand the building blocks of the Wheel, let's go ahead and actually do it!

Completing the Wheel of Life

1. **Open document: 02. Wheel of Life.pdf**
2. Complete the exercises.

Next Steps

Keep your Wheel close by in a place that you can easily refer to on a daily basis.

Track your progress!

The Wheel of Life provides a snapshot in time, which is really a representation of your happiness. Complete the Wheel on a regular basis so you can easily track your progress. I recommend at least once every 6 months, depending on what your goals are and when you have aimed to achieve them.

In addition, if you are going through a particular tough time in your life, it's another way to help you quickly get visibility of what areas of your life you are dismissing or spending less time on.

On the flip-side, if you are finding you are going through a period of extreme happiness and fulfilment, I would also recommend completing the Wheel of Life again as it will indicate to you where you are spending most of your time and what it is that is making you truly happy.

Understanding your ups and downs will help you in determining what you truly want to do with your life and ultimately be your guide for experiencing sustained happiness.

Now that you have reflected on the previous year and gained further insight into where you are spending your time and energy, you should be starting to formulate a good picture of 'Where Am I Now'.

The next step in the process is to truly understand your motivators and your drivers for doing what you do. Next, we'll take a look at understanding and eliciting your values.

Actions Summary:

- ✔ *Open exercise template*
- ✔ *Complete the Wheel of Life*
- ✔ *Complete the WHY template*
- ✔ *Complete your Preferred Wheel template*
- ✔ *Create your immediate action plan*