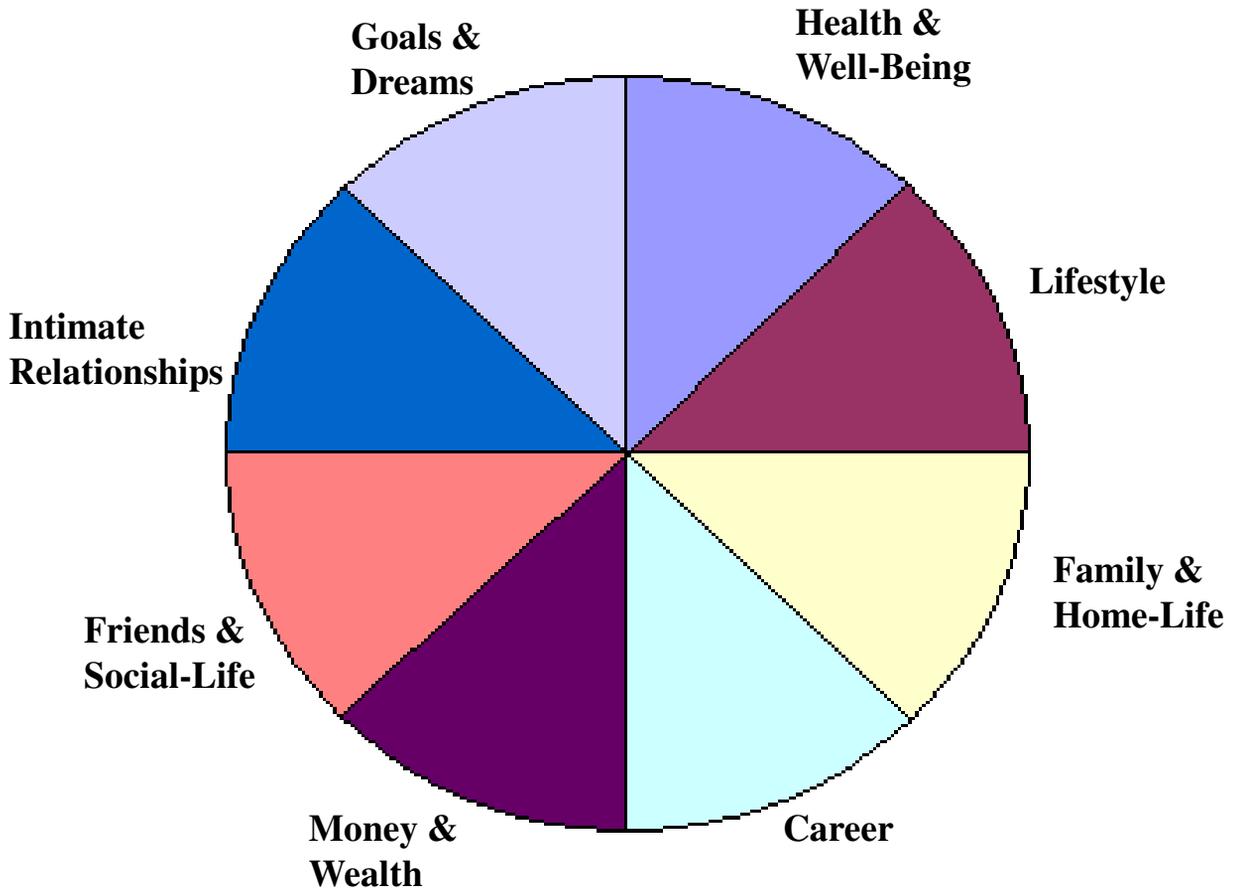




‘My Wheel of Life’ Exercise

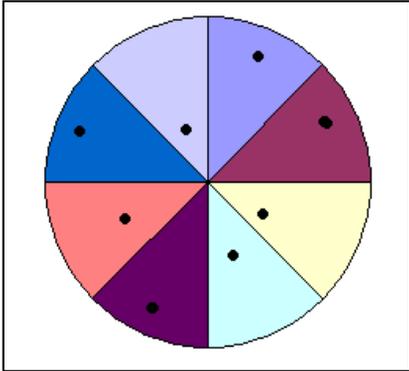


This diagram is called the Wheel of Life. It's a common tool used in helping others review where they are before moving towards where they want to be. To fully be prepared and ready for the future, you need to acknowledge the past and present. Doing this can also help you get clearer on where you want to be, instead of where you *don't* want to be in the future.

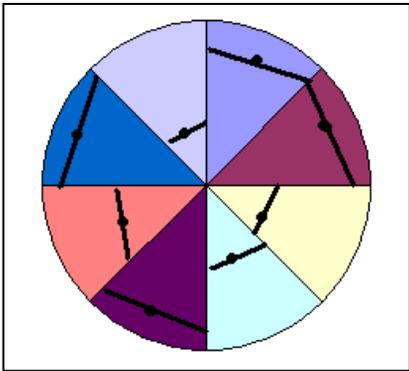
Taking a pen or pencil, make a dot in each section of the wheel resembling how you would rate your life *as it is right now*. The closer the dot is to the outside of the wheel, the better it is. The closer to the dot is to the centre, the poorer that area is. Don't think too hard when doing this; go with your instinct, as it's usually right. Be as honest with yourself as you can, because the more honest you are about where you are now the more honest you will be about where you really want to go.



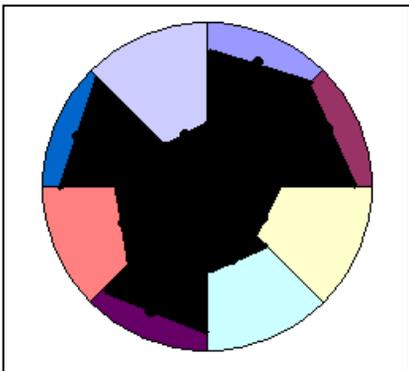
After rating each area of your life with a dot, it might look similar to this;



Once you've marked a dot in each section of the circle, draw a line through the middle so it connects the section of the wheel, like this;



Then shade in the area between each dot and the centre of the circle, like this;



Return to the Wheel on the previous page and do this for yourself now.



Once you've done that, notice how your wheel of life doesn't look like a wheel at all? More of a wonky star-shaped thing right? That's okay because no one has perfect balance in all areas of their life. More often, we have control and order in 3-4 areas of our life, which are the areas we place the most value, importance and focus on. Maybe for you its Career, Money & Wealth and Health & Well-Being? Or it could be Intimate Relationships, Family & Home-Life and Lifestyle. Whatever areas are more in balance for you, know there is no right or wrong – it's just what matters most to you. With a few areas doing well, it's easy for other areas to get neglected. There's only so many hours in a day and we can't do it all.

Hopefully, doing the Wheel of Life exercise has given you a clear sense of what is currently working well and what isn't in your life right now. Did it bring up some realisations for you? Do you feel different about your life and yourself at the moment? To explore this more deeply, answer the following questions for yourself as best as you can;

Q: Which areas of my life do I currently have the most success and balance?

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Q: What or who has helped make those areas do well right now?

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Q: Which areas of my life do I currently have the least success and balance in?

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Q: What has happened to cause a lack of success and achievement in those areas?

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Q: What am I specifically proud of in my life right now?

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Q: What am I not so proud or satisfied of right now?

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Q: If I could take control of any area of my life right, what, if anything would I do differently?

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Hopefully in answering those questions, you've created a reflective mindset for yourself and your life as it currently is. Was it revealing for you? Did it help you see what exactly is causing the successes and failures at the moment? Did you discover it was other people and circumstances or more yourself that is responsible for these current successes and failures?

Doing this exercise can help you make decisions about how you want your life to look in the future. Using the Wheel of Life tool again over the next page, you're now going to write down 3-4 things you would like to see, do, experience or have in each life right now. Keep it brief. For example, maybe in the area of Health & Well-Being you would write;

- get more exercise
- eat better
- start bike riding again
- get more sleep

Once again, don't think too long and hard here. The trick is to listen to your instincts and let them guide you. Write the first thing that comes to mind, as a starting point.



Where would I like to be?

