PRACTICE

Wheel of Life

Curated by Simon De Los Rios

WHO IS THIS FOR

This practice is for anyone who senses something is off across their whole life but cannot see the full picture clearly enough to know where.

PAIN

Feeling a general sense that something needs to change, without being able to say which part of your life needs the attention.

SOLVES

Gives you a clear picture of what matters most to you, where you are, and where the biggest gaps sit.

TOPIC

BURNOUT & OVERWHELM | LIFE & MEANING

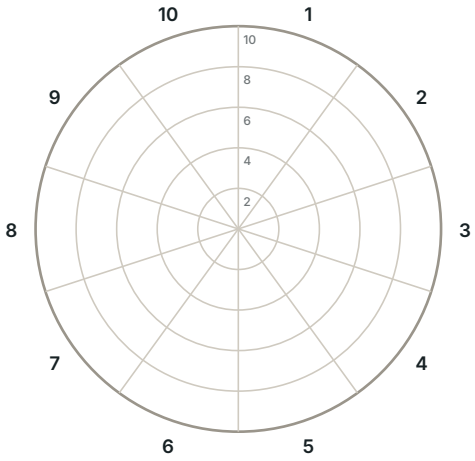
READ TIME	TIME REQUIRED	WHAT YOU NEED
3 minutes	30 min	notebook, pen

BEFORE YOU START

My invitation, take some time for yourself. Put your phone somewhere else and avoid distractions. Put on music you like and if you feel like it, brew yourself a nice cup of coffee or a tea. And lastly, but most importantly, try to have fun... this must be an activity to be enjoyed.

Step 1: Set up the wheel

Use the wheel and table below. Write a category beside each number: career, personal projects, health, partner, family and friends, money, learning, fun, spirituality, community. Leave a number blank if you want fewer slices.



#	CATEGORY	IMPORTANCE	NOW	WANT
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

– *Which categories on this list matter to me, and which should I swap for something more specific to my life?*

Step 2: Rate importance

In the Importance column, write how much each category matters to you right now, from 1 to 10. Importance is separate from how that area is going today.

– *Which category ranked lower than I expected, and why?*

Step 3: Mark where you are and where you want to be

In the Now column, rate your current satisfaction from 1 to 10. In the Want column, rate where you would realistically like to be in the next 3 to 12 months. Then shade each slice of the wheel from the center out to its Now score.

– *Which slice has the biggest distance between where I am and where I want to be?*

Step 4: Find what to act on first

Calculate the gap for each slice, Want minus Now. Look for the largest gaps, especially where importance is also high.

– *What is one small action that would move my most urgent gap by a single point?*

BEFORE YOU CLOSE THIS

Write the one action from Step 4 and the day you will do it, before you close this.

CONTINUE WITH

Two Things You Need to Know, if the gap you picked comes from not knowing where you are going or what to do next, this practice helps you see which one is missing.

Curated by: Simon De Los Rios
Source: Paul J. Meyer