

Wheel of Life

Curated by Simon De Los Rios

WHO IS THIS FOR

This practice is for anyone who senses something is off 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 actually needs the attention.

SOLVES

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

TOPIC

BURNOUT & OVERWHELM

LIFE & MEANING

READ TIME
3 minutes

TIME REQUIRED
30 min

WHAT YOU NEED
notebook, pen, a drawn circle

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

Draw a circle and split it into 8 to 12 slices. Label each with a category: career, personal projects, health, partner, family and friends, money, learning, fun, spirituality, community.

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

Step 2: Rate importance

Next to each slice, write how important that category is to you right now, not how good it currently is, how much it matters.

– Did any of these importance rankings surprise me?

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

For each slice, rate your current satisfaction 1 to 10, then rate where you would realistically like to be in the next 3 to 12 months.

– 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, desired minus current. 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?

Example. Jane drew her wheel and rated Health a 9 for importance but only a 3 for where she currently stood, the largest gap on the page by far. Money mattered less to her than she expected, a 4 in importance, even though she had assumed it would top the list. The exercise did not fix anything by itself, but it told her exactly where Monday's attention should go, and where it had been going out of habit instead.

BEFORE YOU CLOSE THIS

You do not need to fix every gap. You need to know which one to look at first.

CONTINUE WITH

The Values Audit, if the gaps you found point to a deeper mismatch between how you spend your time and what you actually value, this tool helps you dig into why.

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Source: Paul J. Meyer