**Wheel of Life (available to download in Appendix)**

The Wheel of Life (available to download in Toolkit section) is commonly used by professional life coaches - it helps you consider each area of your life in turn and assess what's off balance. As such, it helps you identify areas that need more attention. It is a useful pictorial tool in goal setting for mentoring, primarily designed for the young man you will be mentoring, but also useful to look at in relation to your own life

How it works

* Each segment of the wheel represents one area of your life as it is at the moment.
* Consider each section, how satisfied you are with these areas of your life?
* Are you putting as much time, energy and attention into the areas you would like?

The centre of the wheel is 0 and means totally dissatisfied; the outer edge is 10 and represents totally satisfied. Decide on your degree of satisfaction from 0 to 10 and mark it on the relevant spoke of each section.

Now draw a line to draw the degree marks together. How balanced is you life?

Which areas make you feel happy and fulfilled? Which areas need improvement?

It should be easy to set up your goals from this. Ideally the wheel is steady all the way round.

It is recommended that you redraw your wheel of life every 2-3 months to check your progress and make revisions.

**Topics on the wheel for life expanded**

* Friends - are they happy and comfortable with the friends they have? Do they have any friends?
* Family – are they content with their family relationships?
* Leisure time/activities – are they happy with the way they spend their leisure time and the activities they do?
* Home-skills e.g. cooking, cleaning etc – do they feel equipped with enough skills to manage the home situation they are in?
* Accommodation – are they safe and secure in their home situation?
* Health and well-being – health is more than the absence of disease. Are they comfortable in all areas of their health? Do they have any concerns?
* Career/job/education – are they following the career or in the right job/education at the moment?
* Money – do they have enough to live on? Are they in debt? Do they have money concerns?
* Self-fulfillment/giving back – do they feel fulfilled in life? Sometimes this has an element of wanting to give back as well as receive in life.
* Special relationships – are they in a relationship with someone? Do they want to be in a relationship with someone? Are they happy with their current relationship status?