

WHEEL OF LIFE EXERCISE

1. Assess Each Area of the Life Wheel

This approach assumes that you will be happy and fulfilled if you can find the right balance of attention for each of these dimensions. And different areas of your life will need different levels of attention at different times. So the next step is to assess the amount of attention you're currently devoting to each area.

Consider each dimension in turn, and on a scale of 0 (low) – to 10 (high), write down the amount of attention you're devoting to that area of your life. Mark each score on the appropriate spoke of your Life Wheel.

CHECK BOXES NEAR THE OUTER EDGE ARE 10 (HIGH).

2. Join up the Marks

Now join up the marks around the circle. Does your life wheel look and feel balanced?

3. Think About Your Ideal Level for Life Balance

Next, it's time to consider your ideal level in each area of your life.

A balanced life does not mean getting 5 in each life area: some areas need more attention and focus than others at any time. And inevitably you will need to make choices and compromises, as your time and energy are not unlimited!

So the question is, what would the ideal level of attention be for you in each life area?

Plot the "ideal" scores around your life wheel too.

4. Take Action

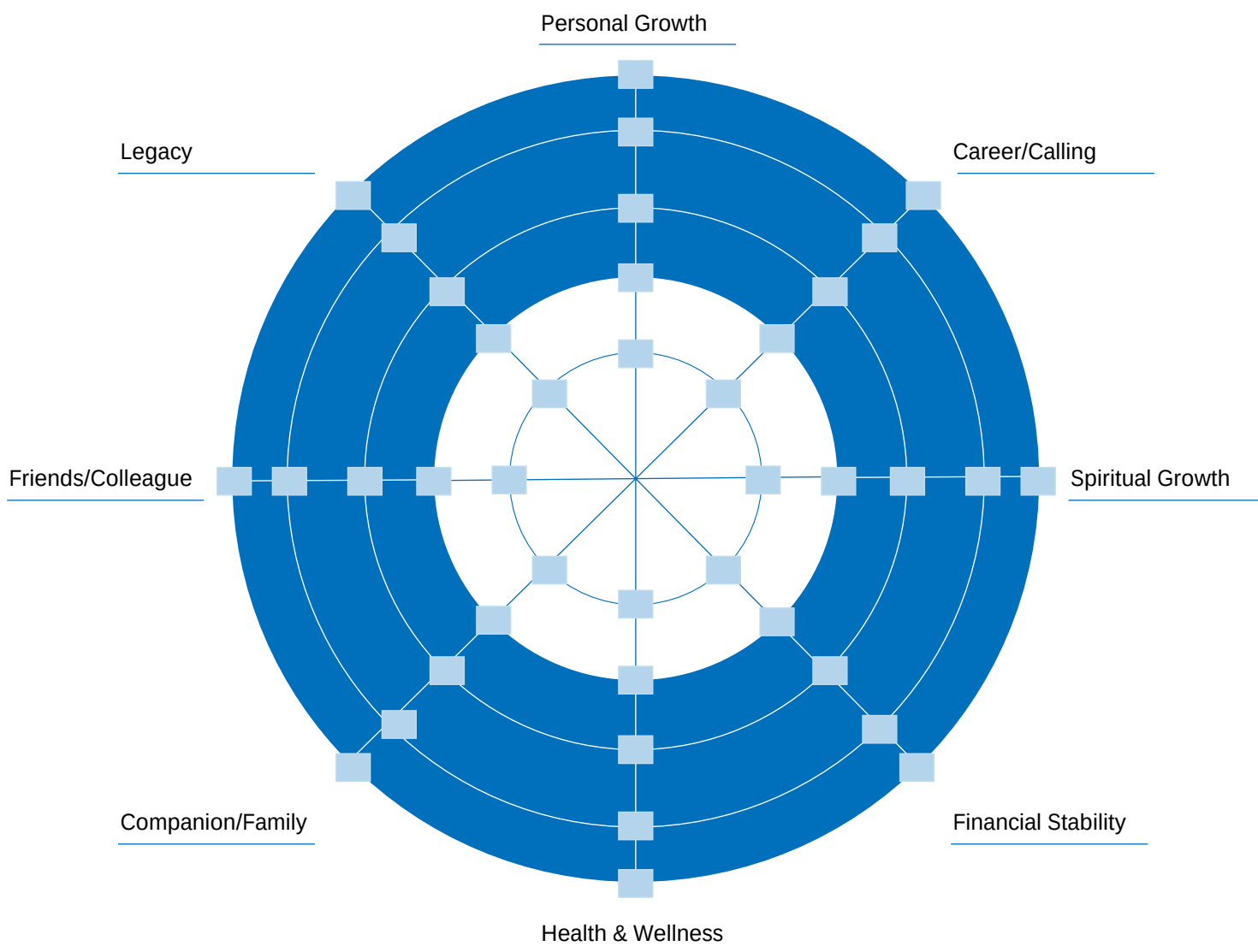
Now you have a visual representation of your current life balance and your ideal life balance. Where are the gaps? These are the areas of your life that need attention.

And remember that gaps can go both ways. There are almost certainly areas that could be getting more attention than you'd like. However, there may also be areas where you're putting in more effort than you'd ideally like. These areas are sapping energy and enthusiasm that may better be directed elsewhere.

Once you have identified the areas needing attention, it's time to plan the actions needed to regain balance. Starting with the neglected areas, what things do you need to start doing to regain balance? In the areas that currently sap your energy and time, what can you stop doing or reprioritize or delegate to someone else? Make a commitment to these actions by writing them on your worksheet.



Worksheet Wheel of Life



Things I will **START** doing to regain balance in my life

Things I will **STOP** doing, reprioritize or delegate