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WHEEL OF LIFE TO FIND BALANCE

WHAT IS THE WHEEL OF LIFE?

Being overwhelmed – unable to connect and balance the essential dimensions of your life – can leave you feeling out of control, unsatisfied and out of balance.

But how does it happen?

Your life may get out of balance when your basic psychological needs, including autonomy, relatedness, and competence, are no longer being met. For example, perhaps you focus too much on your family while your relationship with your partner slips away, or you prioritise your finances over your spiritual growth.

An appropriate work-life balance will enhance your overall wellbeing by identifying and aligning your life's many facets – family, friends, health, work environment, and spirituality/beliefs.

Performing the Wheel of Life exercise will support this process by balancing factors that influence overall wellbeing while identifying areas of life where support, guidance, and additional focus are needed.

INTRODUCING THE WHEEL OF LIFE

The original idea behind the Wheel of Life came from industry pioneer Paul J. Meyer in the 1960s to help people realise their goals.

While the wheel today has many different forms and names, including the Life Balance Wheel, Coaching Wheel, and the Wheel of Success, they share a common purpose: transformation.

The Wheel of Life exercise is widely used and offers a practical and flexible tool for clients to assess their needs and set goals aligned with their core values.

Its beauty is its simplicity.

The wheel typically consists of eight or ten categories essential for a fulfilling life. Segment names vary, but the themes are usually similar, for example:

- Money & Finances
- Career & Work
- Health & Fitness
- Fun & Recreation
- Environment (home/work)
- Community
- Family & Friends
- Partner & Love
- Personal Growth & Learning
- Spirituality

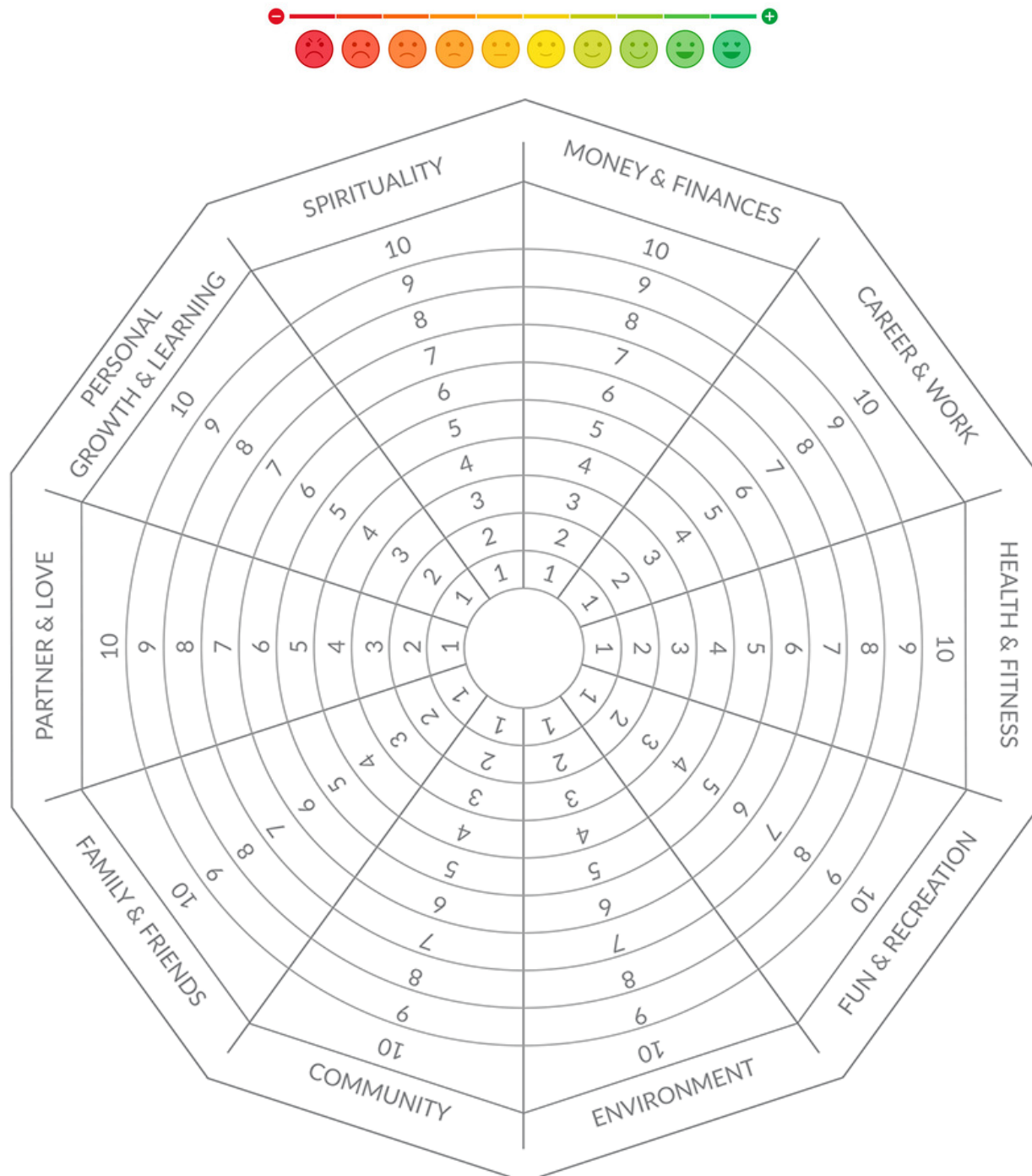
How do I use it?

The Wheel of Life provides a snapshot of your wellbeing and the level of satisfaction in your current circumstances.

The exercise provides insight into whether your life is in balance at a high level. From a more detailed perspective, it captures if individual areas of your life meet your needs and make you happy or leave you dissatisfied and disappointed.

By scoring each category, you identify areas that need support and improvement to reach individual and overall life goals. Score each category by drawing a line through, circle or colour the relevant score, where:

1 is you are not satisfied at all, and 10 is you are fully satisfied



NEXT STEPS

1. Use a journal to complete this section of the activity.
2. Find the categories that are the lowest scoring. Suggest starting with three. These become your priority areas.
 - a. Why does this area need attention?
 - b. What would it take to increase your satisfaction by one score?
 - c. How balanced do you feel in this area of your life?
 - d. Why did you give this score?
 - e. Is there anything missing from this area of your life that may affect your score?
 - f. Is there anything that might add value to this area of your life RIGHT NOW and change the score?
3. Identify an activity for each category that, when completed, will change your level of satisfaction.
4. When the action is over a more extended period or is relatively large and complex, define a goal – ideally one that is specific, measurable, achievable, relevant, time-bound, External Support and Reward (S.M.A.R.T.E.R)
5. Each action, once completed, should add to the overall goal of improving your life balance.
6. Repeat this wheel every year and update your priority areas and associated goals.

S.M.A.R.T.E.R GOALS

S.M.A.R.T.E.R. goals help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T.E.R goals, use concise language but include relevant information. This process is to help you succeed, so be positive when answering the questions.

INITIAL GOAL	Write the goal you have in mind I want to lose weight (This has no clarity. Does losing 10gms give you the satisfaction you were looking for?)
S SPECIFIC	What do you want to accomplish? How will you do this? What overall time frame are you proposing? I want to lose 15 kg in 20 weeks by exercising 6 days a week, only eating fresh vegetables and whole foods and managing my portion sizes.
M MEASURABLE	How can you measure progress and know if you've successfully met your goal? I will plan 60 minutes for exercise, 6 days per week. I will only buy whole foods and fresh fruit and vegetables. I will measure food serving sizes to help me understand portion sizes.
A ACHIEVABLE	Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort needed on par with what the goal will achieve? Given that a healthy weight loss range is up to 1kg per week, losing 15 kilograms in 20 weeks is realistic and achievable.
R RELEVANT	Why am I setting this goal now? Is it aligned with overall objectives? I would like to lose weight to be part of the bridal party at my best friend's wedding.
T TIME-BOUND	What's the deadline, and is it realistic? Today's date is XX/XX/2022. I will start on XX/XX/2022. 20 weeks is XX/XX/2022
E External Support	What external support, resources, or tools will I need? I will purchase a new set of kitchen scales and a new pair of sports shoes and ask my friend to check in on me every week to see how I am going and be my accountability partner.
R Reward	What Reward will I give myself for achieving this goal? I will buy a new dress to attend my best friend's wedding.
SMARTER GOAL	Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed I will lose 15 pounds in 15 days by committing to exercise 6 days a week for an hour each day and committing to monitoring and controlling my portion sizes. I will reward myself with a new dress upon achievement of my goal. In addition, I will purchase a kitchen scale to help me with portion control and new sports shoes.