

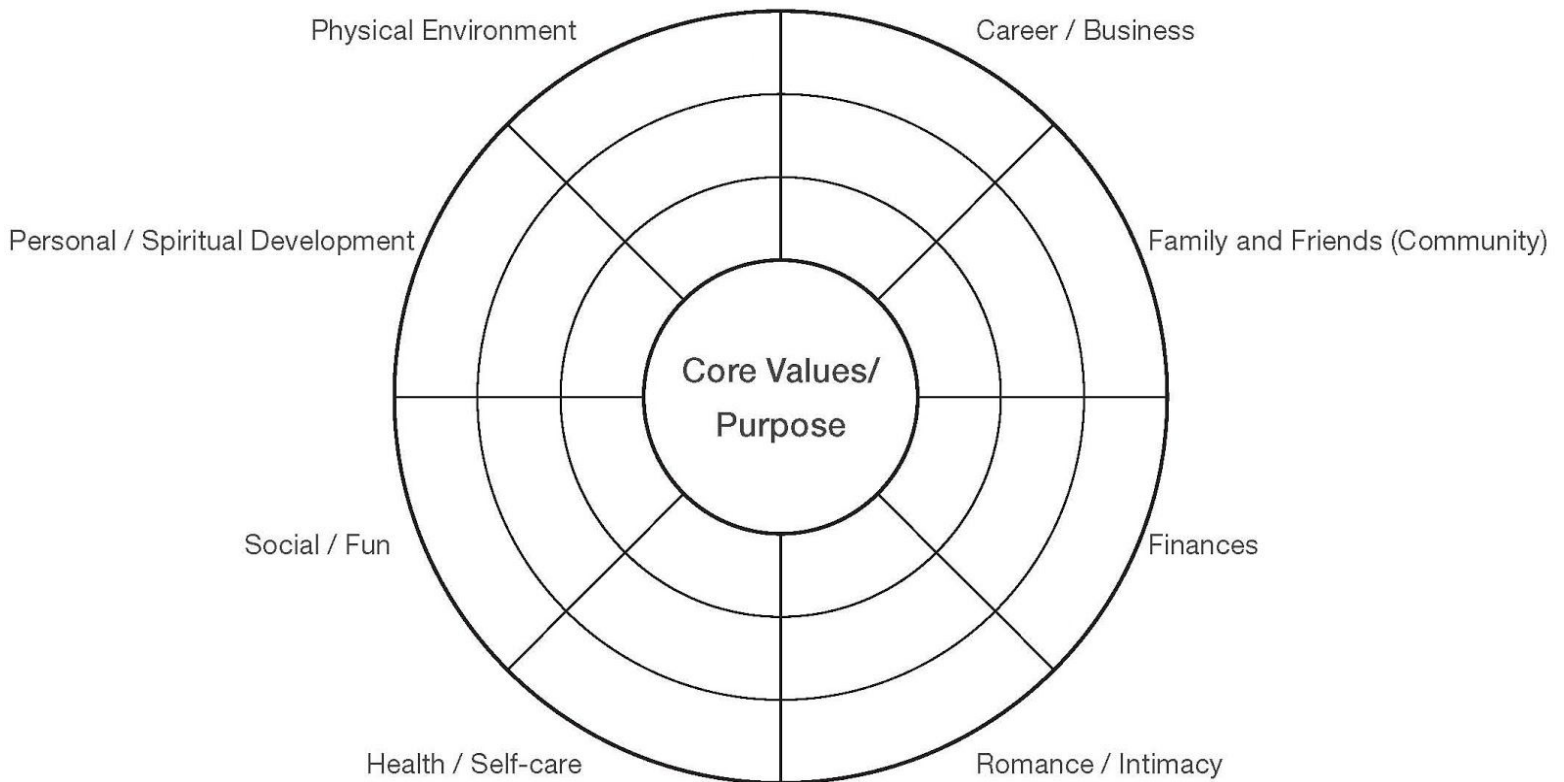
Faithfully Growing



Your Wheel of Life

Date:

Name:



COMPLETE THE WHEEL:

- 1. Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area and label them.
- 2. Next, choose a number in each segment of the wheel that represents your satisfaction score for each area.**

- Imagine the center of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!

The Wheel of Life Exercise – More Detailed Instructions

Notes:

- Balance is personal and unique to each individual - what may be satisfying or balanced for some may be stressful or boring for others.
- This exercise raises your awareness and allows you to plan a life that is more satisfying and closer to your definition of balance. It also helps you clarify priorities for goal-setting.
- Balance must be assessed over time. A regular check-in (eg. with this exercise) can highlight useful patterns and help you learn even more about yourself.
- Another option is for you to ask someone who knows you well to complete the scores for you (sometimes it's helpful to see an outside perception of your life 'balance'). Important: This must be someone you trust and whose opinion you value - and remember that others may have hidden agendas.

Detailed Instructions:

1. Review the 8 categories on the Wheel of Life. The categories should together create a view of a balanced life for you. If necessary you can split category segments to add in something that is missing, or re-label an area to make it more meaningful for you. Examples of changes are:
 1. **Family and Friends:** Split "Family and Friends" (Community).
 2. **Romance/Intimacy:** Changing the category name to "Dating", "Relationship" or "Life Partner".
 3. **Career/Business:** Changing the category name to "Motherhood", "Work", or "Volunteering".
 4. **Finances:** Changing the category name to "Money", "Financial Security" or "Financial Wellbeing".
 5. **Health/Self Care:** The category name could be split or changed to "Emotional", "Physical", "Fitness", or "Wellbeing".
 6. **Physical Environment:** The category could split or change to "Work Environment" for career or business clients.
 7. **Social/Fun:** The category name could change to "Recreation"
 8. **Personal/Spiritual Development:** The category name could change to "Learning", "Self-Development" or "Spiritual".
2. Think about what success or satisfaction would feel like for each area.
3. Now rank your level of satisfaction with each area of your life by checking the appropriate number in each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied you are currently with each category in your life.
4. The new perimeter of the check marks represents your Wheel of Life. Is it a bumpy ride?
5. Now, looking at the wheel here are some great questions to ask to take the exercise deeper:
 1. Are there any surprises for you?
 2. How do you feel about your life as you look at your Wheel?
 3. How do you *currently* spend time in these areas? How would you *like* to spend time in these areas?
 4. What would make that a score of 10?

5. What would a score of 10 look like?

6. Which of these categories would you *most* like to improve?

7. How could you make space for these changes in your life?

8. What help and support might you need from others to make changes and be more satisfied with your life?

9. What change *should* you make first? And what change do you *want* to make first?

10. If there was one key action you could take that would begin to bring everything into balance, what would it be?

6. Taking action - the final step. To wrap-up the exercise identify one action for each area, and then pick 1-3 actions to get started. You could also choose the 3 areas you most want to work on and identify an action for each. TIP: If you are extremely busy or stressed try asking, "What is the smallest step you could take to get started?"

Actions

Family and Friends (Community)	
Romance/Intimacy	
Career/Business	
Finances	
Health/ Self Care	
Physical Environment	
Social/Fun	
Personal/Spiritual Development	