

THE WHEEL OF LIFE

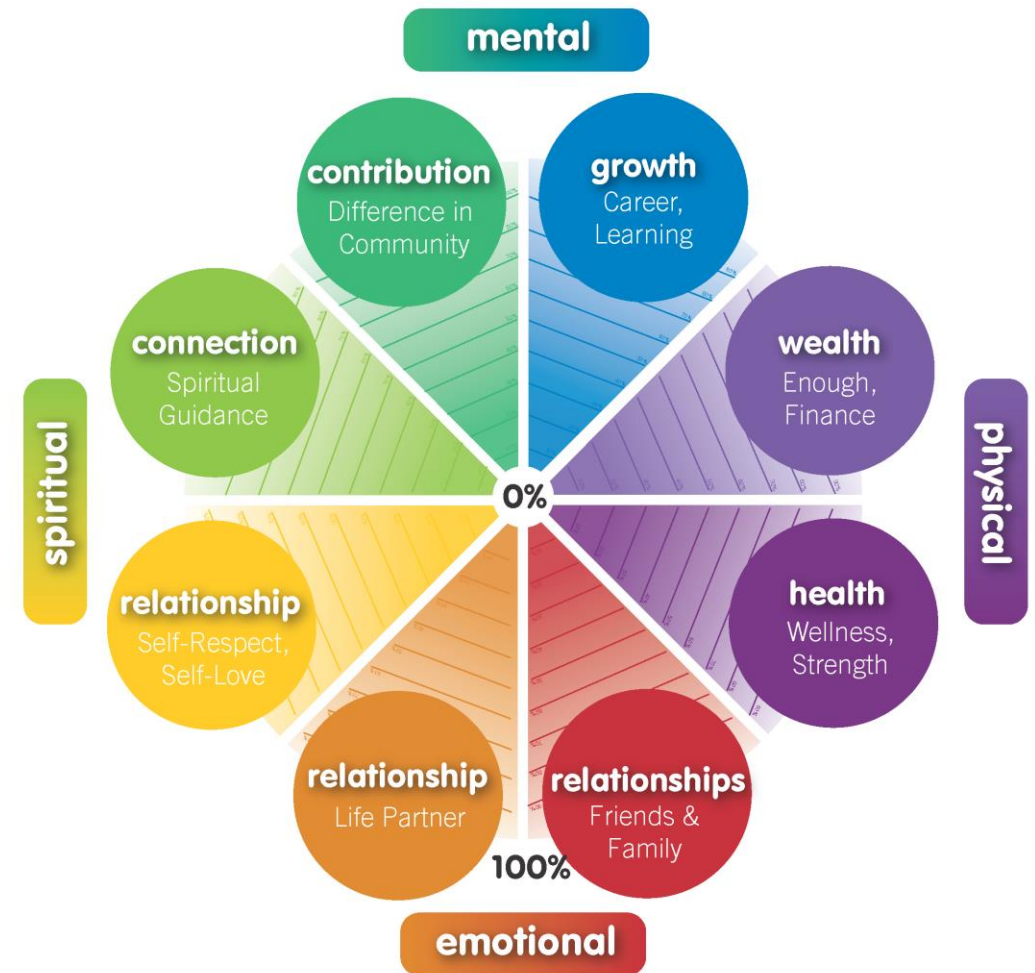
Exercise for identifying what's important in life
and how well those areas are fulfilled

INTRODUCTION TO “THE WHEEL OF LIFE” EXERCISE

The Wheel of Life Balance is a tool to assist professionals in identifying what is important to them and how well they feel they are fulfilling that particular area of their life.

To complete the exercise, print out this slide and rate how satisfied you are with each area of your life (represented by each segment of the wheel) by marking a point along the wheel from 0 – 10. Once this is complete, join the dots between segments and review using the questions below:

- Does this surprise you?
- Which areas are higher than you thought?
- Which areas are lower than you thought?
- Does this line up with what you value?
- Which areas are most important to you?
- How can you make changes to improve those areas?
- What changes can you make in the next three months in two of those areas?
- Who can you share your commitment with?



THE WHEEL OF LIFE – EXERCISE TEMPLATE

The Wheel of Life exists in many versions. Some have 8 areas while others have more than 10, and the areas may have slightly different titles. However, the principle is the same. The version on this slide is a common one. Print out this slide and rate how satisfied you are with each area of your life (represented by each segment of the wheel) by marking a point along the wheel from 0 – 10. Once this is complete, join the dots between segments and review using the questions below:

- Does this surprise you?
- Which areas are higher than you thought?
- Which areas are lower than you thought?
- Does this line up with what you value?
- Which areas are most important to you?
- How can you make changes to improve those areas?
- What changes can you make in the next three months in 2-3 of those areas?
- Who can you share your commitment with?

Notes:

