



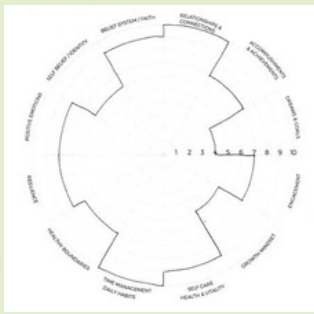
WHEEL OF *Life*

The Wheel of Life helps you focus on each area of your life and identify which areas need more attention. It gives you an immediate visual representation of how your life is now.

How to use

- Assess each area of the wheel. On a scale of 1 (low) to 10 (high) assess the amount of attention you give to this area of your life. Mark the score on the relevant spoke of the wheel.
- Next join up the marks. How balanced does your life look?
- Then consider what an ideal score in each area would be. Some areas will need more attention than others depending on the priorities in your life so aim for an ideal level of attention for each area.
- Map these on your wheel.
- Now you'll see your current life balance and your ideal life balance. Where you see gaps can influence your subsequent goal setting as these are areas that need attention.
- Plan the actions you need to take to regain balance. Focusing on the neglected areas, what actions do you need to take to regain balance? Make a commitment by recording these goals and action steps.

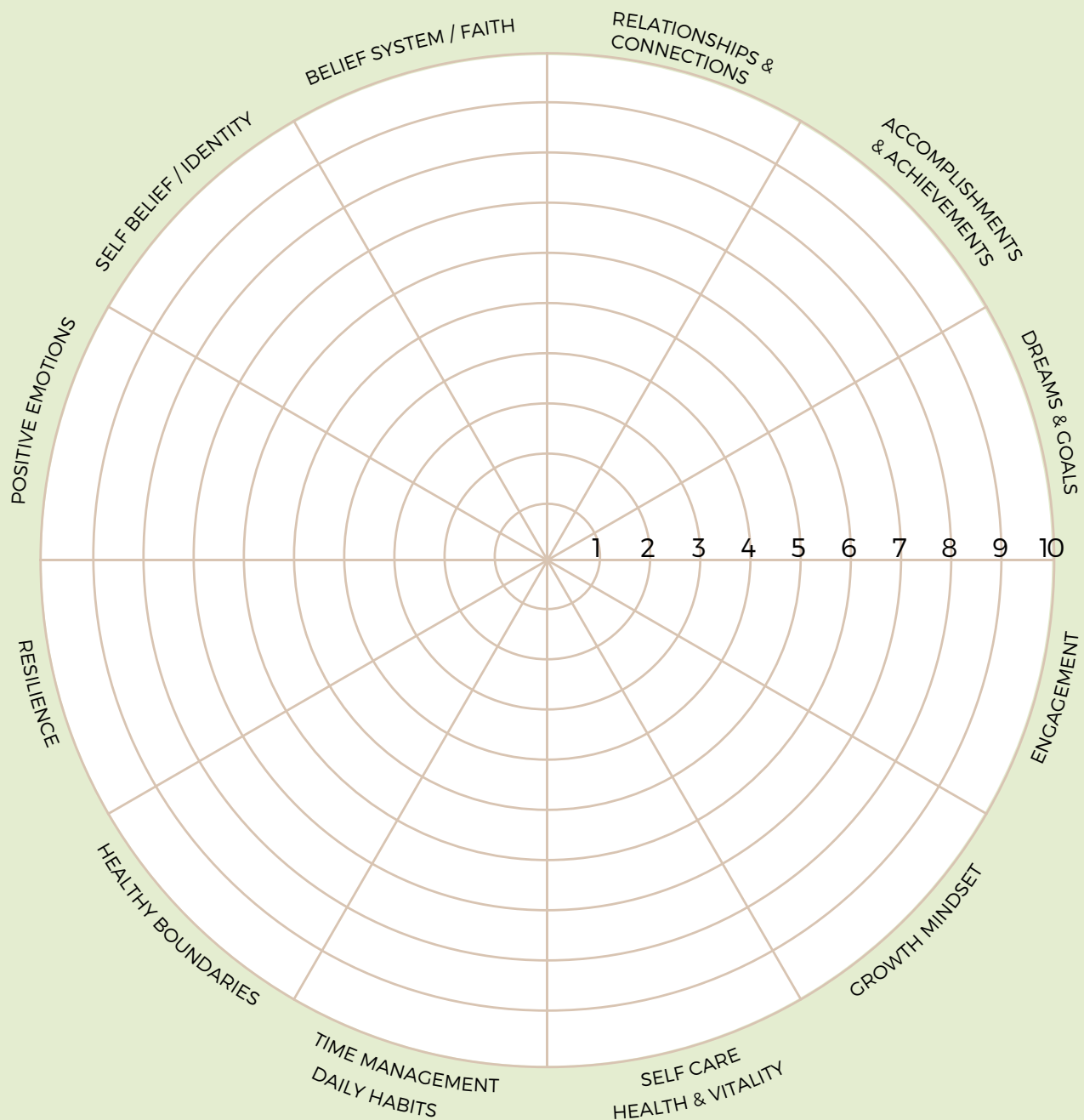
Shauna



WHEEL OF *life*

Think about the 12 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Wheel of Life map.

MONTH _____



WHEEL OF *life*

Using your Wheel of Life as a reference, answer the following questions to reflect on how you currently feel about these areas of your life.

Look at the balance in your wheel. How do you feel about your results?

What area are you most pleased with?

Which area surprised you the most?

Which area would you like to improve?

How will you improve in this area?

What will you need to improve?

What steps will you take to move closer to balance?

What help and support would you need to make these changes?

WHEEL OF *life*

THE WHEEL OF LIFE IS A TOOL THAT HELPS YOU TO TAKE CONTROL OF YOUR LIFE AND MAKE THE MOST OF EVERY DAY. IT IS A SIMPLE YET POWERFUL TOOL THAT CAN HELP YOU TO ACHIEVE YOUR GOALS AND LIVE A MORE MEANINGFUL LIFE.

1. **IDENTIFY YOUR GOALS**

2. **SCHEDULE A FREE DISCOVERY CALL TO**

3. **ACCESS THE REMAINDER OF THIS LESSON FOR FREE**

4. **REGISTER FOR THE WHEEL OF LIFE**

5. **START YOUR JOURNEY**

WHEEL OF *life*

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.



ENGAGEMENT



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DISCOVERY CALL TO
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REMAINDER OF THIS
LESSON FOR FREE



HEALTHY BOUNDARIES



BALANCE



ENGAGEMENT



HEALTHY BOUNDARIES

LIFE goals

What are your 5 most important goals and how can you achieve them? Write down the actions that you need to take to achieve each goal.

GOAL

ACTION PLAN

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SMART goals

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I hope you have enjoyed this exercise!
Filling out the Wheel Of Life can be so eye
opening...I hope you found balance, and if
not I would love the opportunity to help
you explore what's possible when you have
a more balanced life.

Shauna