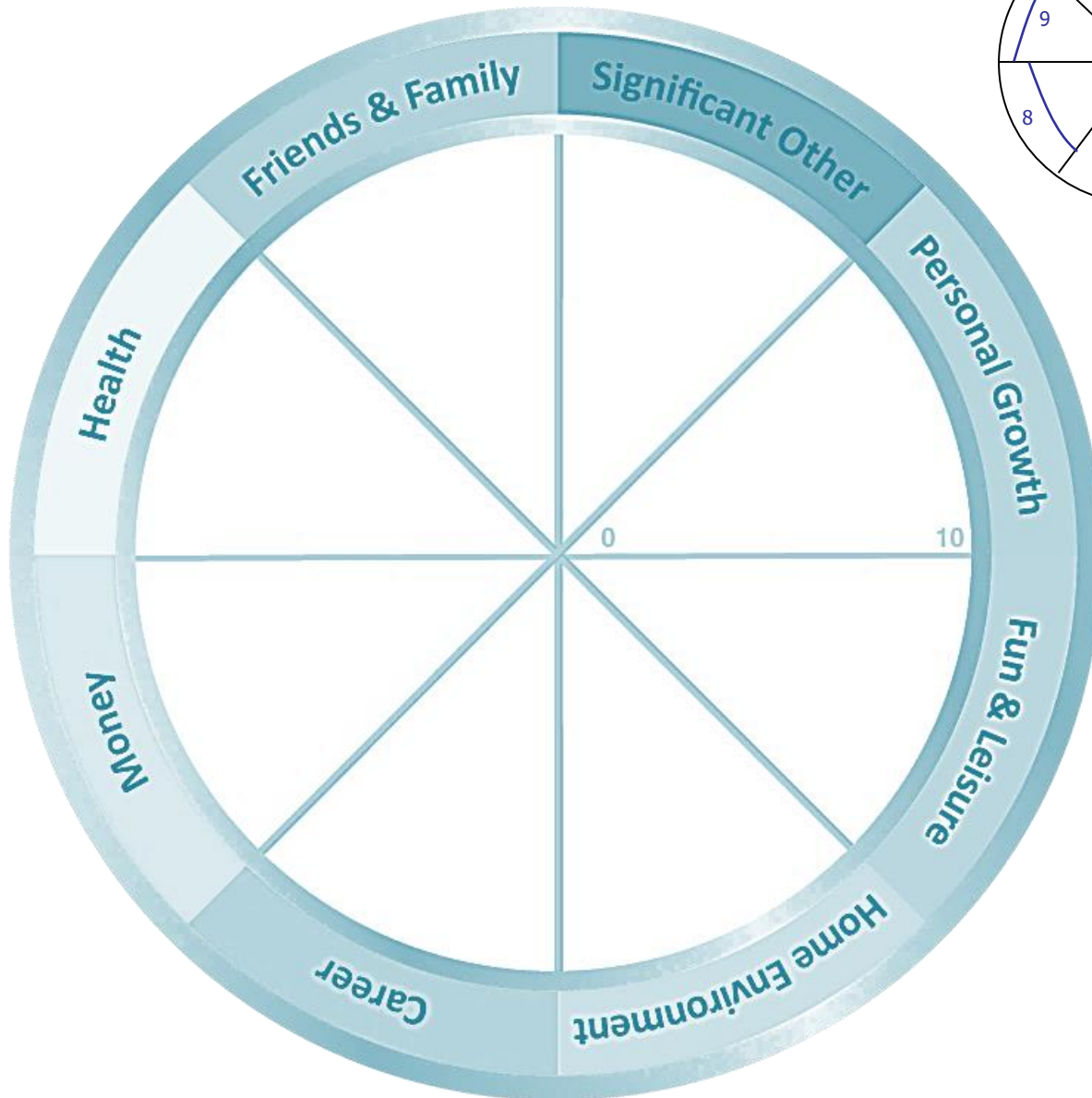
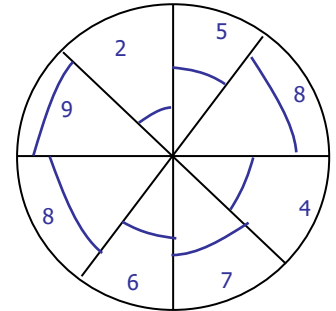


YOUR NAME: \_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_

## EXAMPLE



## COMPLETE THE WHEEL

1. **Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
2. **Next, draw a line across each segment that represents your satisfaction score for each area.**

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example above)

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

## The Wheel of Life Exercise: Instructions for the Coach

### Detailed Instructions:

1. Ask your client to review the 8 categories on their Wheel of Life. The categories should together create a view of a balanced life for them. If necessary they can split category segments to add in something that is missing, or re-label an area to make it more meaningful for them. Examples of changes are:
  1. **Family and Friends:** Split "Family and Friends" into separate categories.
  2. **Significant Other:** Change the category name to "Dating", "Relationship" or "Life Partner".
  3. **Career:** Change the category name to "Motherhood", "Work", "Business" or "Volunteering".
  4. **Finances:** Change the category name to "Money", "Financial Security" or "Financial Wellbeing".
  5. **Health:** could be split or changed to "Emotional", "Physical", "Fitness", "Spiritual" or "Wellbeing".
  6. **Home Environment:** The category could split or change to "Work Environment" for career or business clients.
  7. **Fun & Leisure:** The category name could change to "Recreation".
  8. **Personal Growth:** could change to "Learning", "Self-Development" or "Spiritual".
  9. Other categories to add could include "Security", "Service", "Leadership", "Achievement" or "Community".
2. Ask your client to think about what success or satisfaction would feel like for each area.
3. Now ask them to rank their level of satisfaction with each area of their life by drawing a line across each segment. Ask them to place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied they are currently with each category in their life.
4. The new perimeter of the circle represents their Wheel of Life. You can ask your client, "Is it a bumpy ride?"
5. Now, looking at the wheel here are some great questions to ask your client 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 you can ask your client to identify one action for each area, and then pick 1-3 actions to get started. You could also ask them to choose the 3 areas they most want to work on and identify an action for each. TIP: If your client is extremely busy or stressed try asking, "What is the smallest step you could take to get started?"