

WHEEL OF LIFE

Goal: The wheel of life exercise* helps you quickly and visually identify areas in your life you want to focus on, and where you may want to cut back, to experience more satisfaction and fulfilment.

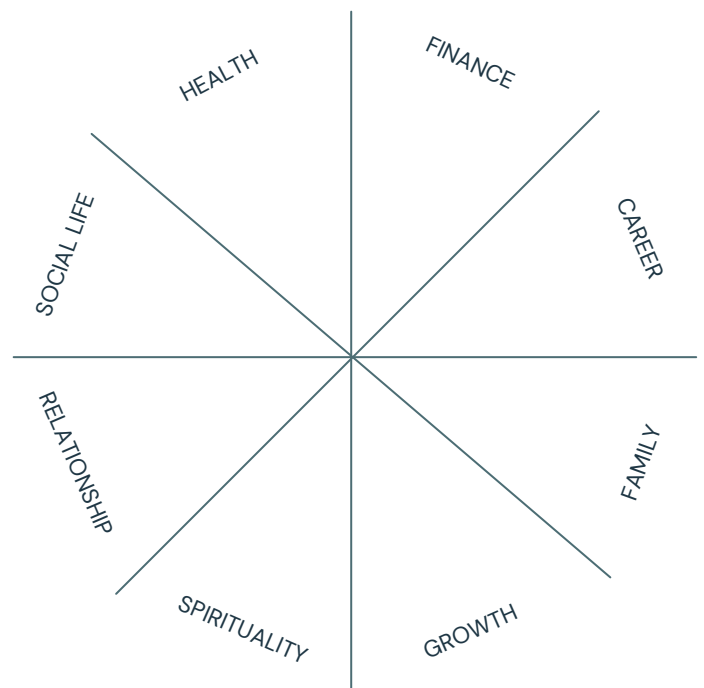
When to use it: Try out the tool when you need to set goals and prioritise them and/or as a way to check-in and reflect on areas of life that may need change or adjustment.

Instructions

- Draw a circle and divide it into pie slices for areas of your life that are important to you e.g. career, family, friends, growth, spirituality, relationships etc.
- Ask yourself how **satisfied you currently feel** in each area by rating them where 10 = very satisfied, and 0 = very dissatisfied.
- Repeat the exercise for your **desired future state**, and rate how **satisfied you want to be** in each area.

Reflection questions

- In comparing the current and future pie, what do they reveal about current and desired satisfaction levels across different categories?
- What areas need more or less attention?
- Which category would you like to focus on to reach your desired satisfaction?
- How could you make space for changes required to focus on this category?
- What support or resources are needed to make the change possible?
- What is a small step you could take to get started?
- What one action would make the biggest difference?



*The Wheel of Life concept was originally developed by Paul J. Meyer, a thought leader and coaching industry pioneer.