

## **THE WHEEL OF LIFE – DOES YOURS NEED BALANCING?**

Here's a clear, graphic way to identify where the imbalances are in your life. Arm yourself with a pen and paper. Find a peaceful place to be and then look closely at your life.

The eight spokes of the wheel represent aspects of life. The centre or hub of the wheel is 0 (not even a little bit satisfied) and the outer edge is 10 (totally satisfied). Give each aspect of your life a mark out of 10 and draw a cross on the relevant spoke. Now draw a line to join the crosses together.

### **Some questions to reflect on:**

- How balanced is your wheel?
- Which areas of your life are you currently most satisfied with?
- Where do you need to improve things?
- Are there any surprises to you?
- Which of these elements would you like to improve in the first place?
- What would it take to score 10 on that field?
- How could you make space for these changes?
- What resources or help might you need?
- When are you going to implement these changes?

Now work your way around the wheel and think about what would have to change if you were to be able to score each spoke as a 10.

Write down your thoughts, and then you'll free space up in your head to think some more.

The really hard part. Again, working your way around the wheel, consider where you can make a difference in one or two areas this week. That doesn't mean trying to make the score a '10' in one fell swoop, just taking a tiny step in that direction.

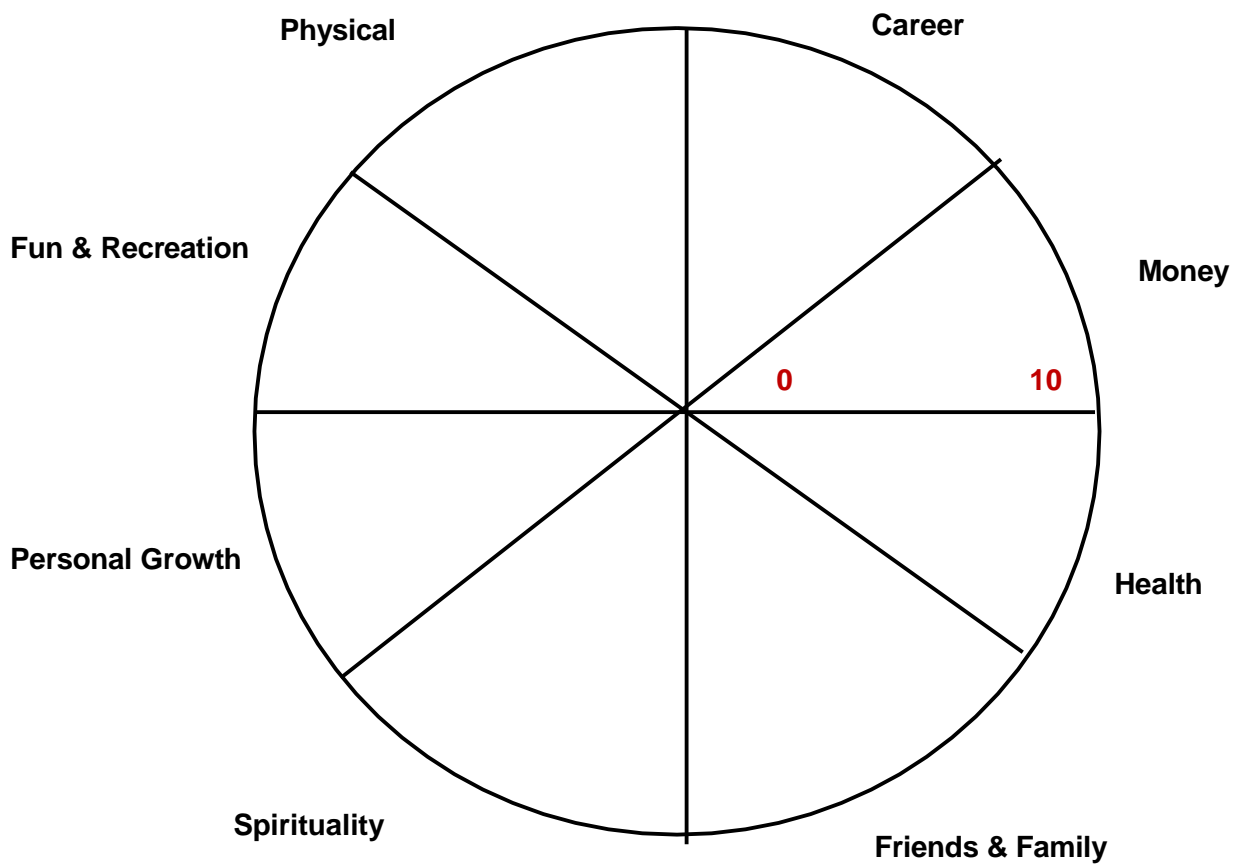
You can of course create your own wheel using areas that you may feel are more relevant to you. You may prefer to have separate sections for 'Friends' and 'Family', perhaps a section called 'Spiritual Life' or 'Emotional Well-being' – it's your life, you know what is most important to you. (You could also have more segments.)

## THE WHEEL OF LIFE

**Directions:** The eight sections in the Wheel of Life represent Balance.

Seeing the centre of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a new curved line across between each set of spokes to create a new outer edge.

This exercise gives you a little taste of how coaching can be. You have the opportunity to focus on yourself — your life, your needs, your hopes, dreams, and goals.



I would like to get your feedback on how this exercise worked out for you. Also, if you feel you need help in clarifying or moving forward with your career related goals, don't hesitate to contact me, on [paul@turningpointcoaching.co.za](mailto:paul@turningpointcoaching.co.za)