



Connecting – Encouraging – Inspiring

Instructions for Using *The Wheel of Life*

Sometimes, it can be difficult to find balance in your life, and when you want to make positive changes, knowing where to start can be a challenge. *The Wheel of Life* is a brilliant tool to help you assess where you are now, and see exactly where you can set intentions and begin to experience improvement. Follow the process below to help you understand the key areas you could focus on.

N.B. You might like to use coloured pens or pencils to complete this exercise; there is evidence to show that this can enhance your creative thinking – helpful as you begin to map out your journey towards a better life.

1. There are eight segments on the wheel, each representing different elements of a balanced life. Look at the labels and decide what each one means to you. The label, 'Money', for example, could mean the amount of money you have in the bank, and whether you're happy with that, but it might also embrace ideas such as how confident you are about managing your finances, or indeed your overall attitude to money. The important thing is that you decide.
2. For each area on the wheel, give yourself a score from 0 – 10. Scoring a 10 means that you are completely satisfied with that part of your life, whilst giving yourself a 0 means the exact opposite. At this stage, don't try too hard to justify your scores; go with your gut feeling.
3. Mark a line to show your scores in each area of the wheel. If you have time, you can either shade in, or colour, the segments, to help fully immerse you in the process.
4. Now, look at the wheel as a whole. Does it show that your life is in balance? By the way, having your life in balance doesn't necessarily mean that you have scored 10 in every category. That probably isn't realistic.
5. Think about which area you'd like to work on to improve your score. This may not necessarily be the one with the lowest score; sometimes it can give you a boost to take steps in an area of your life where you feel more confident. Choose up to three areas where you'd like to make changes. Decide where you'd like to get to in those areas over the next 90 days, then set some intentions, some small steps that will move you towards that. Create the environment that will enable you to work on these intentions every day. Habits, routines and consistency will help.
6. We recommend repeating this process whenever you feel like you're falling off track.