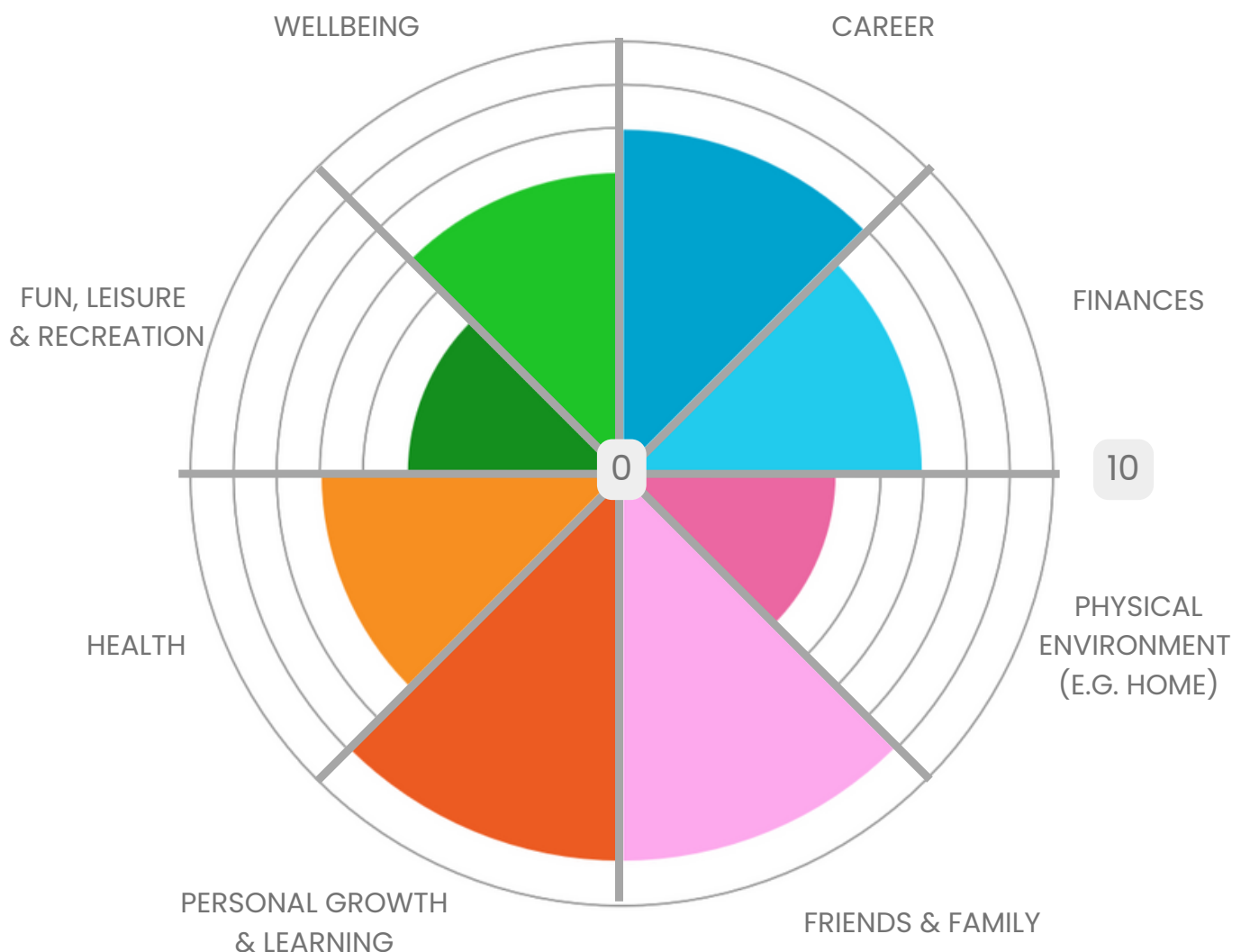


# Wheel of life

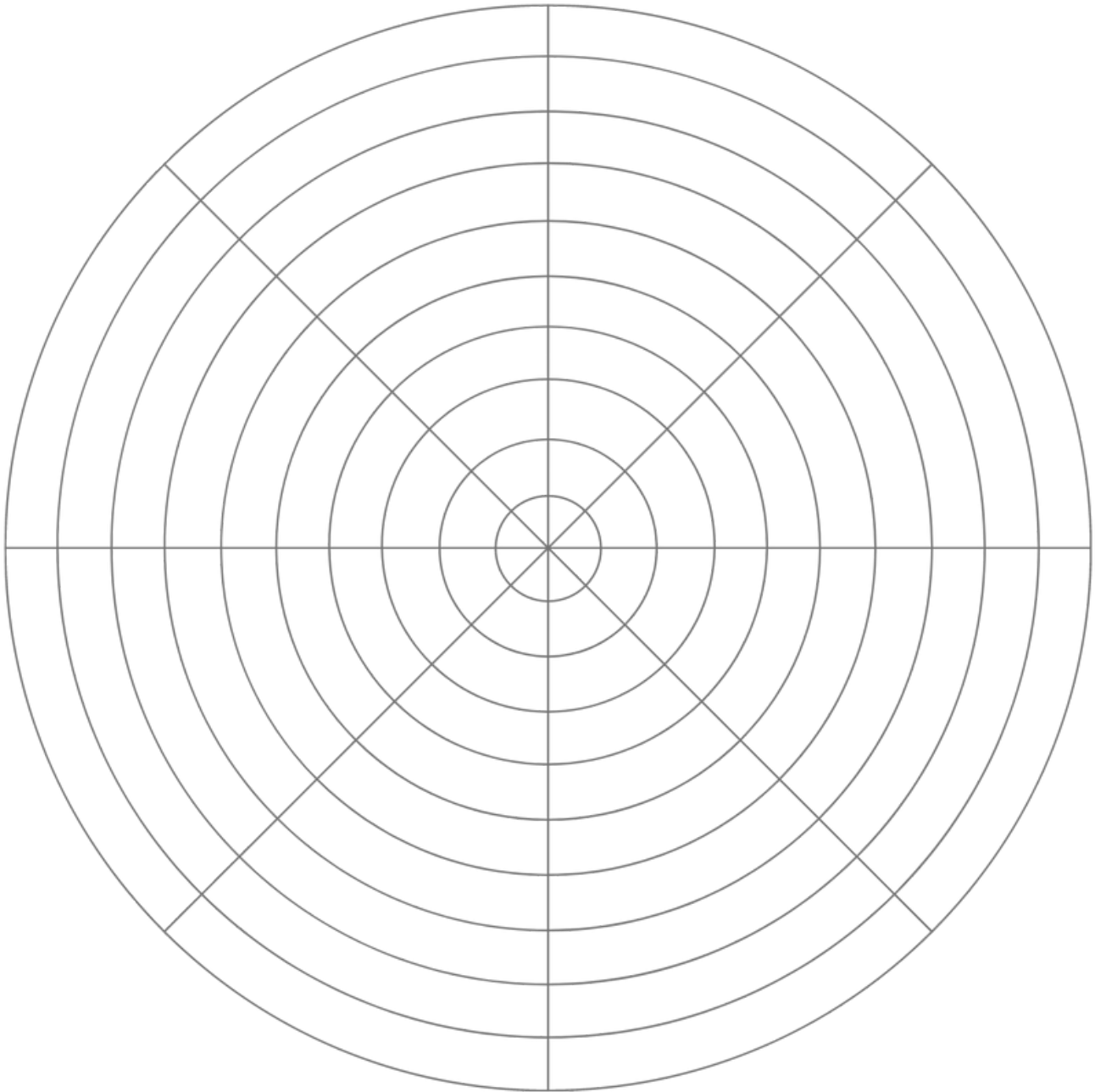
The wheel of life provides a complete overview of your current situation. It helps to build an awareness of which elements are going well and where there may be room for improvement – which is the first step to taking back control. The wheel can also be used to create goals and set your priorities.

The first thing to do is decide what you want to focus on – your life as a whole or just a certain part of it? Once you've decided this, label each of the 8 segments in the wheel with a title that reflects a specific element of this and is meaningful for you (if you need help, there is some inspiration on page 3).

Within each segment, there are 10 levels/layers. Starting from the centre, colour in where you think you currently are on a scale of 1–10. This will give you an immediate visual representation of how things currently stand. The example below should help to give you an idea.



**Focus:**



# Wheel of life ideas



Below are some examples of different areas you can use the wheel to focus on and some suggestions for what subsections you may choose (or not!) to include. You can also mix and match these if you choose. The important thing is that they have some significant meaning for you.

**Focus:** Life (as a whole)

**Subsections:**

- Family/friends
- Significant other
- Career
- Finances
- Health (emotional or physical)
- Physical environment/home
- Fun/recreation/leisure
- Self-development/learning

**Focus:** Career

**Subsections:**

- Trajectory
- Manager
- Colleagues
- Team member
- Work/life balance
- Hours at work
- Professional development
- Learning

**Focus:** Health

**Subsections:**

- Emotional health
- Physical health
- Support networks
- Exercise
- Energy
- Vitality
- Wellbeing/self-care activities
- Opportunities

**Focus:** Life roles

**Subsections:**

- Partner
- Parent
- Child
- Sibling
- Friend
- Work colleague/team mate
- Leader
- Role in community

**Focus:** Strengths

**Subsections:**

- Wisdom
- Courage
- Kindness
- Fairness
- Leadership
- Forgiveness
- Gratitude
- More ideas:  
[www.viacharacter.org/  
character-strengths](http://www.viacharacter.org/character-strengths)

**Focus:** Wellbeing

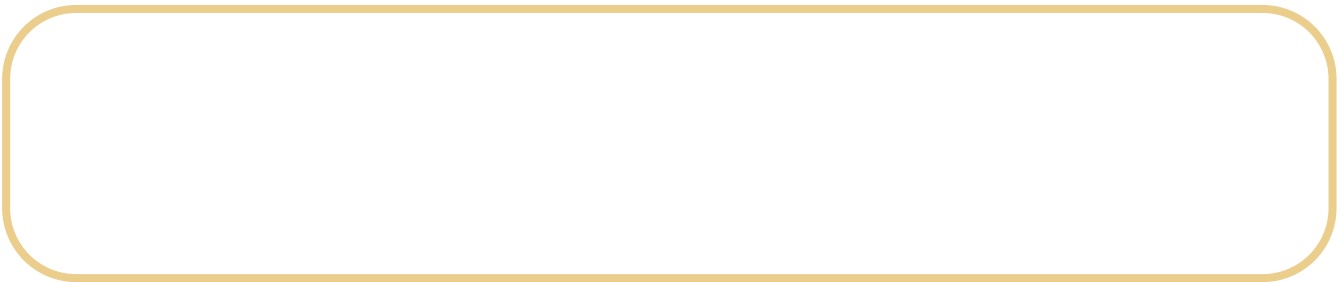
**Subsections:**

- Self-care
- Positive emotions
- Relationships/connections
- Meaning/sense of purpose
- Achievements
- Giving to others
- Present moment  
awareness/mindfulness
- Exercise

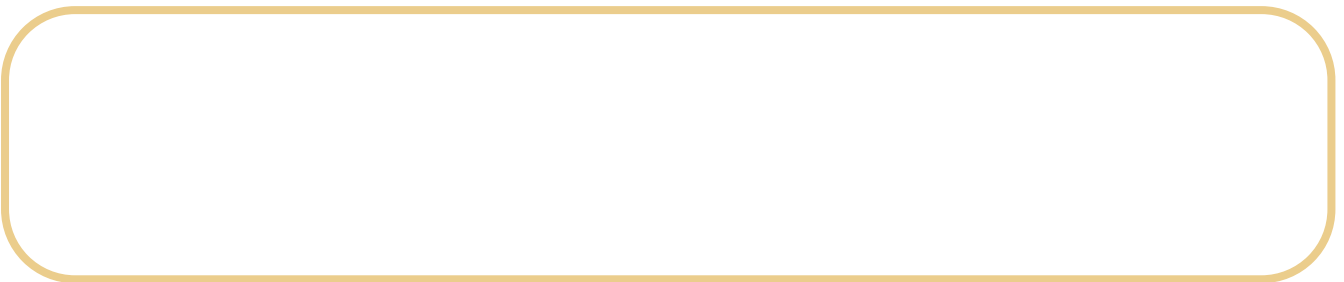
# Wheel of life self-reflection

Once you've completed the wheel, ask yourself the following questions to help deepen your understanding:. It's important to note that not everything has to be a 10. In some areas, you may be happy with a 5 or a 6. And that's perfectly fine. The most important thing is that it works for you. Its also a good idea to complete this exercise every few months to see how things are progressing.

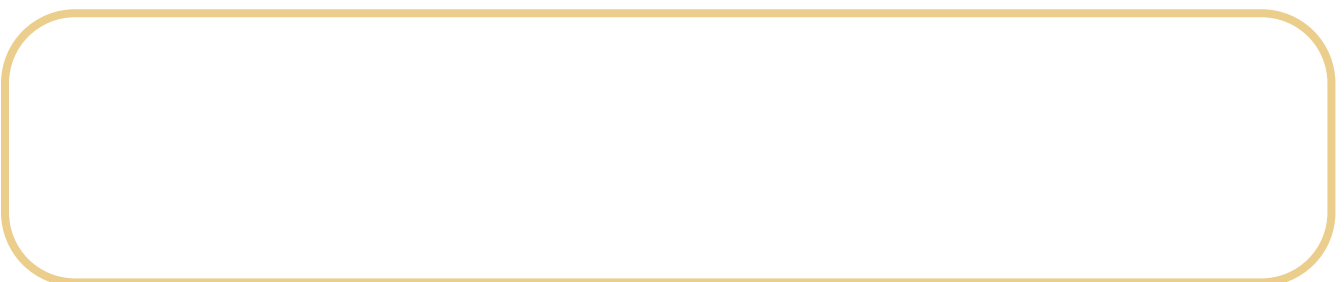
Is there anything you found surprising?



How do you feel when you look at your wheel?



Which area(s) do you want to focus on specifically? What goals/priorities do you want to set for these?



How can you make space for these changes?

