

Wheel of Life: Your Wheel

The wheel of life is a great tool to see how balanced our lives are right now, and help to identify the areas that may be holding us back from progressing in the areas we really want to.

Step 1: Define the Extremes. Use the “Wheel of Life: Define the Extremes” toolsheet to give meaning to the scores we’ll get to later. In each area, define what a 0/10 would be - what would be absolute rock bottom? And also define what a 10/10 would be - what would be happening if everything in this area was absolutely perfect?

Step 2: Go around the Wheel of Life and give each area a score for how it feels right now, relative to your Extremes. On the wheel, mark the score with a cross.

Step 3: Join up the crosses and see how your wheel looks! If there are any big dips in your wheel that are going to make for a bumpy ride: use the Threat Analysis toolsheet to work out how we can make this better and make your entire life run more smoothly. If it’s pretty smooth already, decide which area you want to make progress on and set a new goal!

