



Exercise 11: Wheel of Life

This is a brilliant diagnostic tool used by coaches the world over in one form or another for enabling their clients to see instantly where their life is at right now. It gives you an instant visual check on which areas of your life need work and which don't, and helps you quickly evaluate which are the most and least urgent. It is also very useful for measuring progress and change.

Here's how it works:

WHEEL OF LIFE

The diagram or template on the next page represents a wheel – the wheel of your life. It's divided into twelve segments and looks not unlike a pie chart, except that each segment is equal. Each segment has a label and represents an area of your life. If you don't agree with one of the labels you are perfectly at liberty to change it or delete it, and the segment. You can also introduce new labelled segments to the wheel. You need to print some copies of this before we start.

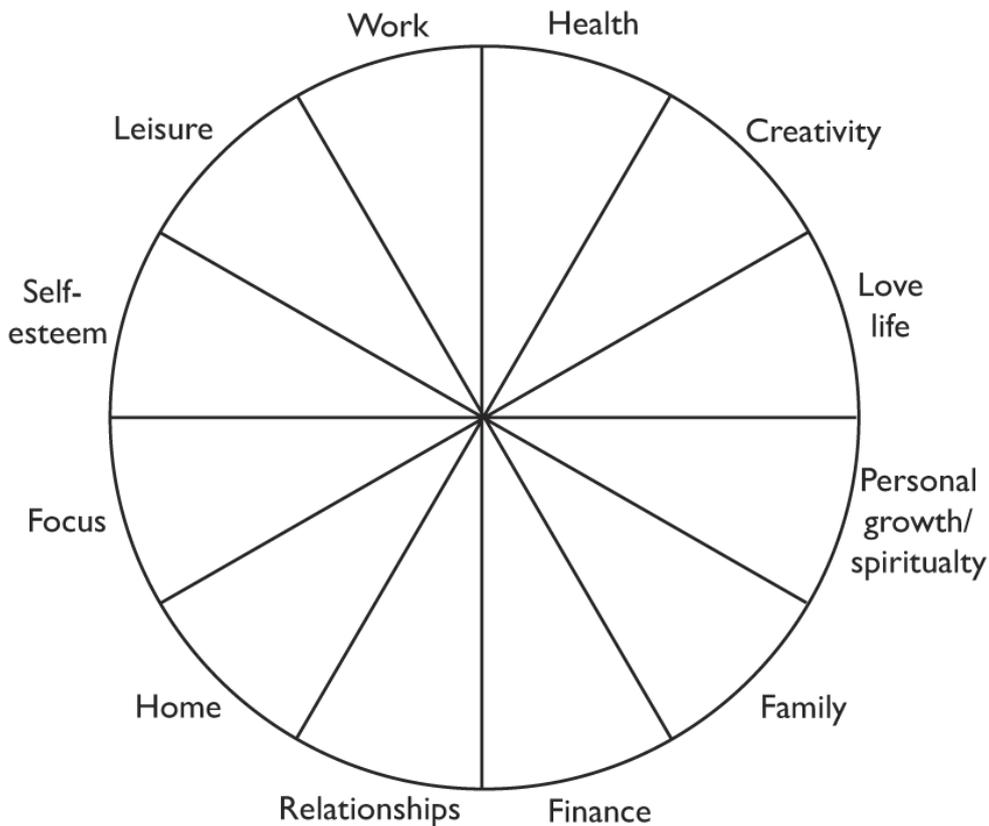


Exercise 11 cont. /

(Template 1)

WHEEL OF LIFE

Name
Date



Now imagine each section divided across by ten equal divisions numbered with invisible numbers from 0 in the middle to 10 on the circumference (see example on fifth page of this document).

Before you start this exercise it is important to write the date on your wheel so you can do it again at regular two or three monthly intervals and compare the result with previous efforts to assess your progress.



Exercise 11 cont. /

Below you will see another template entitled **Wheel of Life Shortlist** (Template 2). You will also need to print copies of this page. Use of both templates is explained on the following pages.

<i>Template 2</i>		WHEEL OF LIFE SHORTLIST	
		Name _____ Date _____	
Areas that need enhancement			
1) _____			
2) _____			
3) _____			
Three possible actions for			
1)			
2)			
3)			
Three possible actions for			
1)			
2)			
3)			
Three possible actions for			
1)			
2)			
3)			
Shortlist of chosen actions		Start date of action	
1)			
2)			
3)			
Motivation for chosen actions (score out of 10) – what would have to happen?			
1) _____		_____	
2) _____		_____	
3) _____		_____	



Wheel of Life – Instructions

- 1) Fill in your name and the date above your wheel (Template 1).

- 2) Go round the circle (Template 1) with a pen or pencil and consider each segment in turn, asking yourself how you *feel* (not what you *think*) about the subject represented by that segment *at this moment*, and give it a score from 0 – 10, where 0 is low and 10 is high. Now draw a line at the relevant point across the segment in question. For example, if you decided your finances were in a reasonable state but not brilliant and you felt a score of 5 would be about right, draw a line across the *Finance* segment about half way up, because 5 is approximately at the half way point. Do the same with every segment in the wheel and don't feel badly if they vary wildly in their scores. That's not unusual.

- 3) Now look at each segment in turn, especially the low scoring ones, and decide which ones you wish rated higher. The wheel highlights areas that require attention, but bear in mind that if a sector gets a low score, that does not necessarily mean you want to attend to it right now, or ever. It may not be the right time for it to take priority, but at the same time be careful you are not avoiding something uncomfortable. By the same token, don't just assume because a segment gets a high score that no further work is needed and you can sit on your laurels. Attention, awareness and action might be required to keep the score high. It is important to interpret what your wheel is showing you with a liberal application of common sense.

Let's pause a moment to look at a hypothetical example of the use of template 1 on the next page:



Exercise 11 cont. /

Example

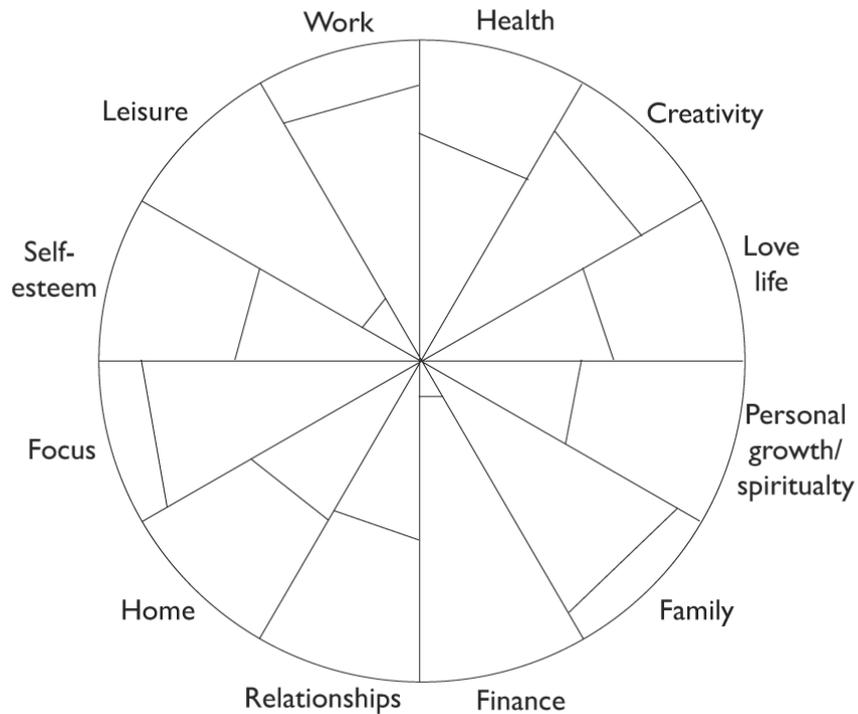
The following is an example based on a fictitious person. Their scores are:

Health	7
Creativity	8
Love Life	6
Personal growth/spirituality	4
Family	9
Finance	1
Relationships	7
Home	7
Focus	9
Self-esteem	6
Leisure	2
Work	8

Template 1

WHEEL OF LIFE

Name <i>Bill Jones</i>
Date <i>27th October 2010</i>





Exercise 11 cont. /

Now let's continue to the next stage:

4) Turning now to your **Wheel of Life Shortlist** template (Template 2), fill in your name and the date once again then, while referring to your **Wheel of Life** (Template 1), create a short list of the three most important areas of your life (as represented by segments of your wheel) that you feel need enhancement and write down three possible actions you could take *for each one* that would improve matters. Review the options you have just created and choose which three actions you feel would benefit you the most. Write these actions down in order of priority in the space provided to be developed later into goals, and add a dateline for actioning each one. The example on the following page will guide you through the procedure.



Exercise 11 cont. /

EXAMPLE

Template 2 **WHEEL OF LIFE SHORTLIST**

Name *Bill Jones*
 Date *27th October 2010*

Areas that I wish to enhance

- 1) *Leisure*
- 2) *Personal growth/spirituality*
- 3) *Finance*

Three possible actions for *Leisure*

- 1) *Play more tennis*
- 2) *More time hanging out with friends*
- 3) *Learn a language*

Three possible actions for *Personal growth/spirituality*

- 1) *Do 1/2 hour morning meditation Monday, Wednesday & Friday weekly*
- 2) *Read Feel the Fear & Do It Anyway*
- 3) *Go to a Mind, Body, Spirit Festival*

Three possible actions for *Finance*

- 1) *Find out what to do to become self-employed*
- 2) *Learn/ study business, investments and entrepreneurialism*
- 3) *Develop/ advertise the service I offer/ start networking*

Shortlist of chosen actions	Start date of action
1) <i>Learn a language</i>	<i>28th. October 2010</i>
2) <i>Read Feel the Fear & Do It Anyway</i>	<i>28th. October 2010</i>
3) <i>Develop/ advertise the service I offer</i>	<i>4th. November 2010</i>

Motivation for chosen actions (score out of 10) – what would have to happen?

- 1) *6/10 Change self-limiting belief 'I'm no good at languages'*
- 2) *8/10 Buy the book*
- 3) *6/10 Acknowledge fear of failure and make a start*



Exercise 11 cont. /

5) Again using the same template (Template 2), examine your motivation for each of your chosen actions and score out of 10.

6) Finally ask yourself, “what could I do, or what would have to happen, to raise the level of my motivation?” and write down the answers at the bottom of the template.

Note: Try to think as little as possible and put down spontaneous scores and answers that come from your intuitive gut feelings. Don't edit or censor your responses.

The power of writing

I hope you will find, after going through the above exercise, that the state of every part of your life at this moment has become very clear to you, as have the strengths and weaknesses of its various areas? Most important, by going through the exercise as honestly and spontaneously as possible, you make it much easier to identify intelligent yet heartfelt action points. The *Wheel of Life* is not only great for developing insight and understanding, but done in the way I describe it also very much facilitates the heart/ mind balance to give you some *real* answers. It also provides you with an accurate baseline in creating an action plan for yourself. But remember, any model, tool or technique is only as accurate as the data you feed into it.

Wheels within wheels

If you enjoyed that exercise, allow me to recommend the next one, ***Wheels within wheels***, which will take you deeper and get you even more sharply focussed.