

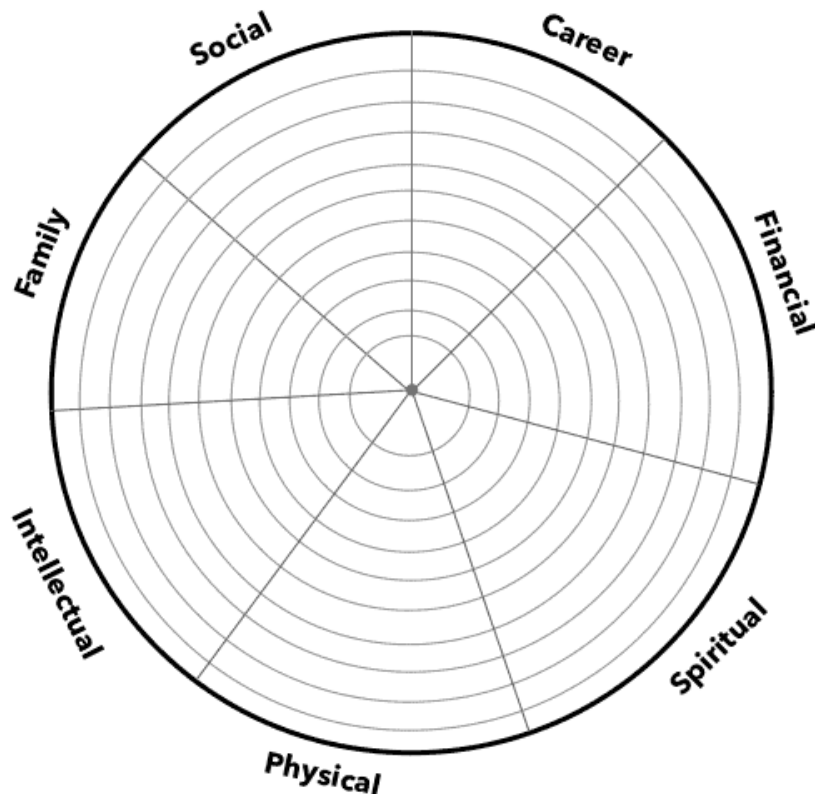


Wheel of Life

One of the best personal growth and development tools for just about anybody is the Wheel of Life. It is an extremely simple tool, but it can provide a lot of insight into how you are living and how that differs from the way that you want to live.

The wheel of life is a circular chart that is unique to each individual who uses it. When you use and apply it, it can help you balance all of the important aspects of your life and ensure that you are focusing on the right things.

The wheel is made up of 7 sections, each headed with a key area of your life - Career, Financial, Spiritual, Physical, Intellectual, Family and Social.





Career - How you are doing in your career in terms of earnings, responsibility, personal development, career path growth?

Financial - The financial category is really about your personal finances. Your score should reflect how you are feeling about money.

Spiritual - Whether this is religion, meditation, mindfulness, or just being in touch with the laws of the universe, it's good to check in on how you're doing here.

Physical - This would include diet, exercise, overall medical health, and self-care. Try not to worry too much about your body image, but objectively assess how healthy you are at this point in your life.

Intellectual - Many people use this area of the wheel to look at reading, learning, travel, culture, and the pursuit of education.

Family - This includes your relationships with your immediate family as well as important extended family members. Do you feel like you have happy, secure, loving relationships? Are there specific people or groups of your family that you would like to be closer to or have better relationships with?

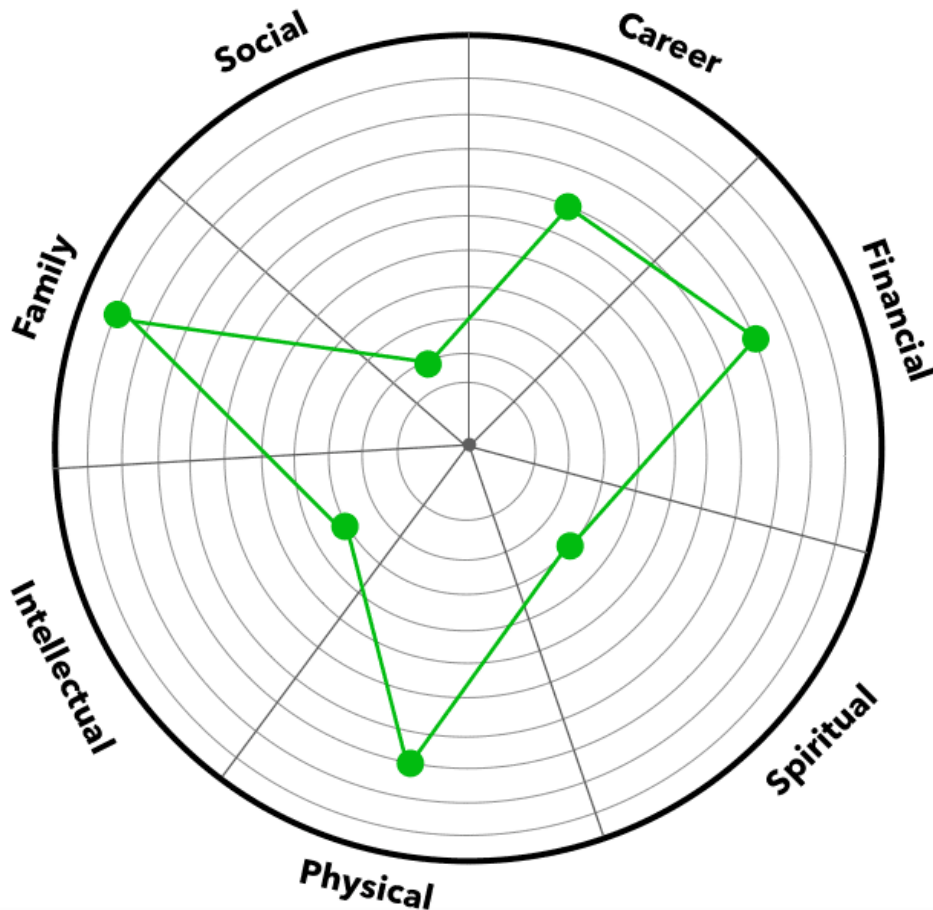
Social - This includes your relationships with your friends and coworkers, but also your social schedule and how you spend your time.

When we are in balance it assumes that the time we actually devote in each of these areas is the same as the amount of time we would like to invest which in turn creates happiness & contentment.



Therefore the next step is to score each section from 0 low (The middle of the wheel) to 10 high (the outer edge of the wheel) on the amount of time **you are currently devoting** to this area. Using a green line connect the dots.

Example:



Taking it a step further you can then use a red line to score each section (0 to 10) in terms of **where you want to be** in that area of your life.

By seeing where you are succeeding and where you are falling short, we can start to develop a personal growth plan to improve all areas of the wheel.

These areas can then be addressed to highlight what is causing these problems, what impact this is having on you & what can & needs to be done in order to create a healthier balance.

Give it a try on the next page!



STEVEN BLOWERS | COACHING

Wheel of Life Template

