

## The Wheel of Life

The wheel of life is used to help you to identify areas of your life which are important to you and to evaluate how your current life matches up to this.

Using the wheel can help you identify goals you wish to work towards.

1. Using the wheel below, identify up to 6 key areas of your life and write these in the centre of your wheel (you do not have to fill all segments if you do not have 6 areas to focus on).

Alternatively, you may wish to draw your own wheel and have as many segments as you feel are relevant.

Examples might include:

- Career
  - Family
  - Work
  - Health
  - Environment
  - Relationships
  - Parenting
  - Friends
  - Spirituality/ faith
  - Growth/ personal development
2. If you are finding it difficult to identify the 6 areas, it might help to think of all the important issues or key areas in your life and then select the top 6.
  3. Score these particular areas of your life on a scale of '1-10'. If you are completely satisfied with your life in this area, then you would score a '10' and if you are completely dissatisfied it would be a '0'.
  4. Now represent your score by drawing a line at the appropriate place in each of the segments on your wheel. You will see that '10' is on the outside of the wheel and '0' is at the middle.
  5. Now looking at your wheel, which of these areas do you want to focus on first?
  6. Now write down all the strengths you have in this area.

