

Welcome to Your Wheel of Life Assessment Guide

*Find Your Focus. Find Your Life Balance.
Create and Live Your Best Life.*



Introduction

The Wheel of Life is a visual tool used in coaching to help clients quickly understand how balanced or fulfilled their life is in this moment. The wheel consists of 8 areas that make up our experience of life and are important for a whole or balanced life. The concept was originally created by Paul J. Meyer, founder of Success Motivation Institute in 1960. Meyer was a thought leader and coaching industry pioneer. He built many programs to help people achieve their goals, manage their time more effectively and become or transform into a better leader.

The wheel of life assessment allows clients rate their level of satisfaction within each area, then map this onto an image of a wheel. This gives them an immediate overview of their **current "life balance"**.

The outcome from this assessment allows clients to see right away which areas of their life require focus. For many of us we may struggle to understand why we feel unfulfilled, bored, over whelmed or simply lost on how to find happiness in our lives and keep focussing on the wrong areas wondering we see no change.

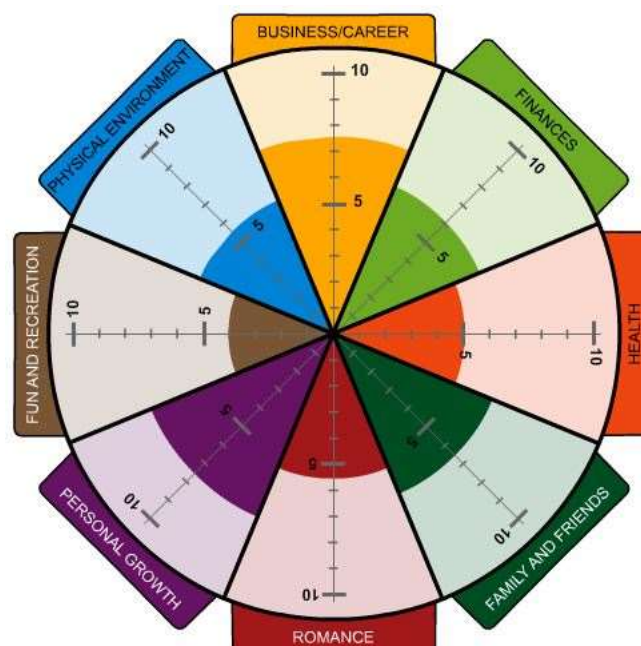
"To make a change, you must first make a change" – Gandhi

Without understanding our current experience of life we do not have clarity on what needs to change to find our path and reach our goals, we are simply treading the wheel much like the hamster.

It's time to take action, find your focus, balance and map some goals to create and live your best life TODAY!

Wheel of Life Example

The Wheel of Life is powerful because it gives you a vivid visual representation of the way your life is currently, compared with the way you'd ideally like it to be. It is called the "Wheel of Life" because each area of your life is mapped on a circle, like the spoke of a wheel. Like the wheel on a bike if it is unbalanced this results in a very bumpy ride and therefore experience of life.



How to use The Wheel of Life

To complete a Wheel of Life Assessment first, disconnect from any devices and distractions. Go to a quiet spot where you can slow down and connect more deeply on what truly matters to you. Ideally print out the "Wheel of Life Assessment" in Appendix A below and use a pen.

Step by Step Instructions

STEP 1 - Review the eight Wheel of Life categories. Then, if there are *any* categories where the label doesn't feel right - change it. For example a client may not like the term "Finances" and prefer "Money".

STEP 2 – Assess and rank your level of satisfaction with each area of your life by drawing a curved line across each segment (see image above for example). **Scoring is between 1 (very dissatisfied) and 10 (fully satisfied)**. Write down any notes/bullet points as to WHY you gave that score next to the segment. If you need a spare piece of paper for those notes to flow, do so.

STEP 3 – Now join up the marks around the circle. Does your life wheel look and feel balanced?

STEP 4 - Next it's time to consider your ideal level in each area of your life. A balanced life does not mean getting 5 in each life area: some areas need more attention and focus than others at any time. And inevitably you will need to make choices and compromises, as your time and energy are not in unlimited supply! So the question is, what would the ideal level of attention be for you in each life area?

STEP 5 – Now plot the "ideal" scores around your life wheel now also, maybe in a different colour or dotted line.

STEP 6 – Now SELECT your LOWEST 2 current scoring segments OR the ones you feel most passionate about.

STEP 7 – TAKE ACTION! Where are the gaps? These are the areas of your life that need attention. Remember that gaps can go both ways. There are almost certainly areas that are not getting as much attention as you'd like. However, there may also be areas where you're putting in more effort that are sucking your energy and enthusiasm that may better be directed elsewhere.

So What Do You Do NOW?

Once you have identified the areas that need attention, it's time to plan the actions needed to work on regaining balance. Starting with the neglected areas, what things do you need to start doing to regain balance? In the areas that currently sap your energy and time, what can you stop doing or reprioritize or delegate to someone else? Make a commitment to these actions by writing them down then prioritise in order of impact with a numbering 1 being most important to 5 being the least. Yes 1-5 as any more actions will just be overwhelming and you will want to see immediate progress to keep your **Change Momentum**.

REGISTER for YOUR **FREE** Guided
Wheel of Life Assessment Group
Session with a Master Life Coach @
mapmygoals.com.au/events

BOOK for YOUR **FREE** 1:1
Life Coaching Discovery Session
with a Master Life Coach @
mapmygoals.com.au/coaching

What's next after the Wheel of Life Assessment?

The next logical steps are to start planning your **Life Goals** now you know where you need to focus. However if you are struggling to dive into this with clarity after the Wheel of Life Assessment there are many other areas we can focus on to find your mojo and remove blockers for you.

We can further look at 1:1 and online group events I run on the following areas and topics to reboot your thinking and start creating and living your best life. It's so interesting how our self-talk and lack of confidence can block us from moving forward. How our life values which have been instilled by leaders or family influence our decisions that NO LONGER benefit us as an individual and hold us back unknowingly and we lose 5 YEARS because someone you trusted as a leader or mentor told you something WHAT??!! ONLY YOU know what you want and what you can achieve, don't let other people make that choice for you! ARE YOU READY? Together in Life Coaching we can:

- Find Your Purpose, your mojo and reset your thinking
- Empower your self-talk to drive you to meet your goals
- Understand how other leaders/mentors values may hold you back
 - Find out what YOU REALLY want to achieve to be happy
- Articulate the principles to Success and Happiness in YOUR Life
- Understand what is driving you and is it beneficial to your goals
 - Call on YOUR strengths to create better experiences
 - CELEBRATE YOUR SUCCESS

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APPENDIX A – BLANK WHEEL OF LIFE ASSESSMENT

Wheel of Life Assessment

