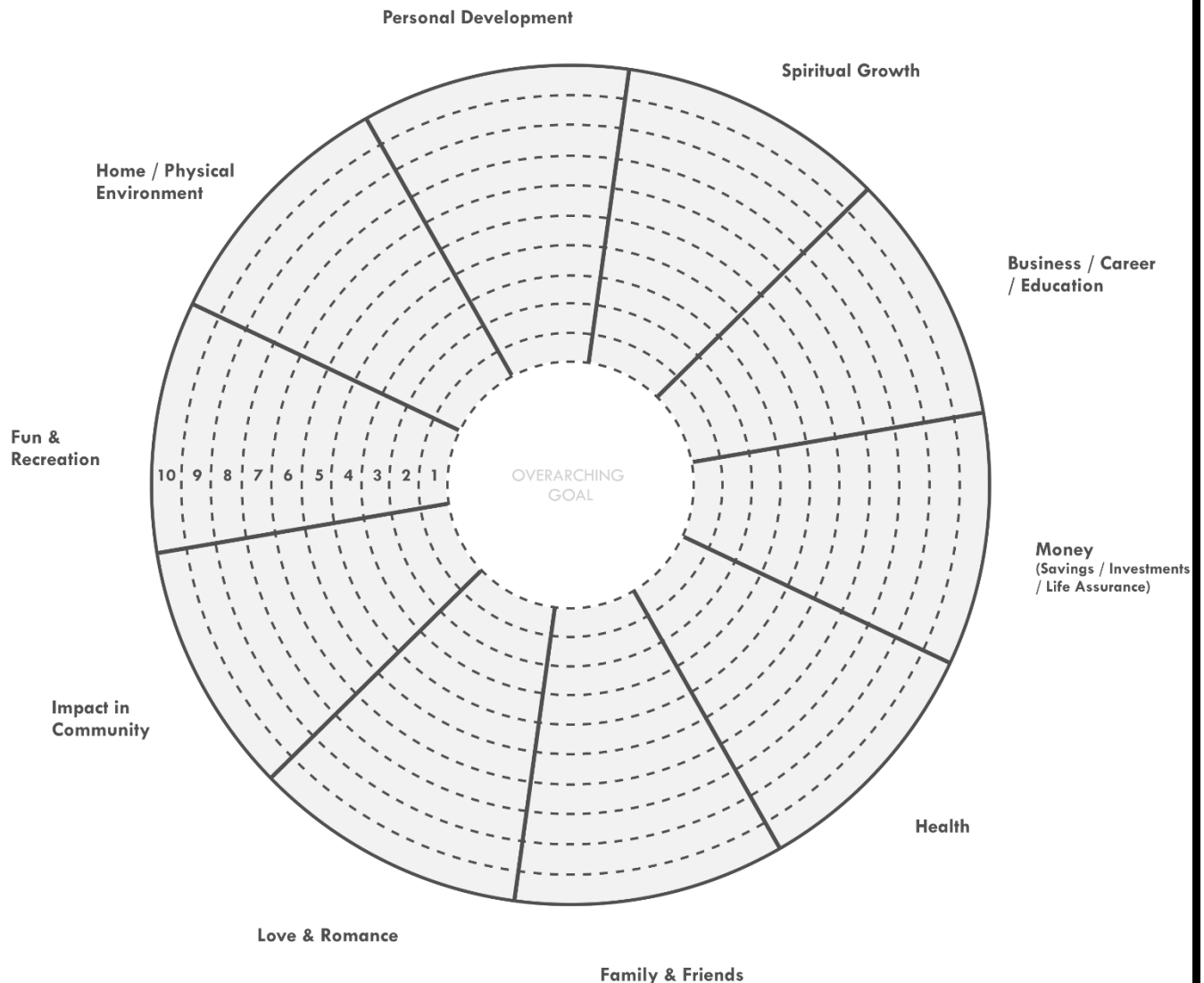


WHEEL OF LIFE:

The Wheel of Life is a flexible coaching tool that offers a 360-degree view of your current life situation. It quickly identifies areas of imbalance and helps you to create goals and set priorities based on your life vision. This means to know what you want in life, and I mean really know. What makes your heart sing? What gets you bouncing out of bed in the morning? What gives you energy?



Directions:

1. For each segment ask yourself, "On a scale from 1-10 (with 10 being the ideal), how satisfied am I with this area of my life?" Don't over-think it, just 'go with your gut'.
2. Rate each segment until you have a second 'inner' wheel. Ask, "If I had to travel far with these wheels, how would the ride be?"
3. Choose the segment you feel to be most out of balance.
4. Consider all the small successes that make up this score i.e., "What is working well?"
5. If anything were possible, what would your ideal satisfaction score be? This is your life vision for one area of your life.
6. Compare your 2 lists: 'What I have' & 'What I Want'. What do you notice?
7. Take a moment to 'live' your ideal score for this segment; Feel what it is like, visualize your ideal day, week, month, year. The more detail, the better!
8. What could you do to move up one point between your score today and your ideal?
9. Decide on an achievable action step to bring you one step closer to your target.
10. An overarching goal is One Word that describes what you want in the coming year. The overarching goal you decide on will inform your methodology and strategies to achieving your goals.

WHEEL OF LIFE: PERSONAL ASSESSMENT

Components	Current reality	Desired future	What do you notice?
	What I have	What I want	
Personal Development			
Spiritual Growth			
Impact in Church & Community			
Health			
Relationship with Family & Friends			
Fun & Recreation			
Business or Career or Education			
Money (Savings / Investments / Life Assurance)			
Love & Romance			
Home / Physical Environment			

List your desired goals in order of urgency:

Order of
urgency

GOAL

1

2

3

4

5

6

7

8

9

WHEEL OF LIFE:

Getting the best development for your life requires a commitment to yourself and this means taking the initiative and feeling like the driver in your life (with well-balanced wheels). This ultimately means taking responsibility for your future and driving it in the direction of your vision. Responsibility is your ability to respond to your Wheel of Life insights so, while the exercise is still fresh in your mind, ask yourself the following set of questions:

What do I already have in my life?

What do I need more of in my life?

What do I need less of in my life?

WHEEL OF LIFE:

Why do I want this?

Who else will this affect? How?

What will I do about it?

WHEEL OF LIFE:

What resources do I need?

Who can help me?

When will I do it?

How will I keep myself accountable & motivated?

WHEEL OF LIFE:

When will I know I'm there? What concrete evidence will I experience?

Overarching Goal