

The Wheel of Life

The Wheel of Life is an exercise designed to help you determine which areas of your life could benefit from positive growth. It is a completely individualized picture of how you feel about eight (or more) different areas of your life, allowing you to review your current balance. It can be completed again in the future, or as often as you wish, to see how you've changed or grown.

Use this exercise as a reference point, or snap shot, of where you see yourself today and as a launching point for what's next to come. As you work through this exercise, take a few moments to truly reflect on how you feel.

After completing the exercise, if you want to understand more, are still unsure on how to make the change you desire, or want further coaching related to this exercise please contact katie@thewholeclinician.com.

Steps to complete the Wheel of Life:

- 1) Print the Wheel of Life or create/draw your own.
- 2) Start with one category (fun/recreation, health, family) and rank on a scale from 1-10 how satisfied you are with this area of your life (1 being not satisfied, 10 being highly satisfied / this area couldn't be better)
 - a. Please change, add or remove categories to best suit the areas of your life.
 - b. After you rank your first category, take a moment to reflect on why you chose the number you did (if you chose a 5, what made it a 5? What is going well in that category?).
- 3) After completing the first category, work your way around the circle and rank each category 1-10, repeating the same process you did with the first category.
- 4) Once all categories have been ranked, take a moment to

- review your wheel. Did anything surprise you? Any categories higher or lower than you expected? Is your life more/less balanced than you expected?
- 5) Now pick one category you wish to focus on. It doesn't have to be your lowest category, but one in which you wish to increase your fulfillment or satisfaction.
 - 6) Spend some time thinking about what it would look like if you increased that category by just one number (i.e. 4 to 5, 2 to 3, or 7 to 8).
 - 7) Once you have an idea or picture in your head of what that category looks like at that higher number, take some time to brainstorm three or four actions you can take to get to that higher number.
 - 8) Spend the next few days/weeks implementing the action items you created during step 7 for increased fulfillment and happiness in your life.

At times this exercise can simply open the space for you to recognize the change you're looking for, as well as easy steps to take to get there. Other times, this snapshot of your life may feel overwhelming, with many questions left unanswered-this is not unusual. Coaching is a great resource to help from any starting point.

Please know, at any point you can return to this exercise and repeat it in its entirety or focus on another category to create action items for your life.

