

The Wheel of Life

A time management resource

This supportive resource contains eight sections that, together, represent one way of describing your whole life. The Wheel of Life exercise measures your level of satisfaction in these areas at a moment in time. It is important to note that it is not a picture of how it has been in the past or how you want it to be in the future. It is a snapshot taken in the moment. With the emphasis is on your level of satisfaction in each area. The Wheel of Life shows you what balance in your life looks like and how much emphasis you give to different areas. Remember there is only so much time to go around.

Using The Wheel of Life

1. There are eight areas on the wheel. You may want to change the categories to reflect the areas of your life
2. Rate your level of satisfaction in each of the areas
3. Once each area has been rated, connect the lines to form an inner wheel. This gives an overview of balance in your life
4. What area would you like to focus on to balance up your Wheel of Life? What area are you ready to make a change in?
5. What will you do? When? How will you know you have addressed this?

Seeing the centre of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge.

The new perimeter represents the wheel of your life. If this was a real wheel, how bumpy would the ride be?

