

THINKING
LEADERS

AWARENESS

The Wheel of Life

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THE WHEEL OF LIFE - AN OVERVIEW

Review the 12 wheel categories on the next page.

Each of these areas can be assigned a value of 1 (very dissatisfied) to 10 (very satisfied).

The value of 0 is at the centre of the wheel and the value of 10 is at the edge of the circle.

Think briefly about what a satisfying life may look like for you in each area (refer to some guidance later in this workbook).

Choose a value between 1 and 10 for each area of the wheel.

Now, draw a line and write the score alongside.

After filling it in, a kind of spider web is created and it is possible to see at a glance what categories score less and what the life satisfaction of that moment is.

I have used a very simple version of the Wheel of Life.

You can add more sections as your awareness grows, but start here and fully experience what comes up for you.

Remember to use the first score that pops into your head. It's not what you think it should be, but what it actually is right now.



Make sure you are in a quiet spot on your own, and be fully honest with yourself.

THE DIFFERENT AREAS OF YOUR LIFE

Creativity - How much creativity do you think you have in your life? What does creativity mean to you? What does 'being' creative look like in your life? Is this physical with your hands...thoughts with your mind?

Finances - Are all incomes enough to meet all basic needs and other needs? Are you not dependent on loans? Do you not have any debts? Is money the only thing that makes a person happy?

Career - How satisfied are you with your job, is it the job that you had imagined or would you rather pursue another career? Does the job bring you happiness and satisfaction? Does the job earn enough for a living?

Education - What does education look like to you? Can you do more? What do you already know? What is unknown to you? Would you like to learn more?

Health - How physically and mentally healthy are you? How do you feel? Are you satisfied with your appearance and weight? Do you have any physical discomforts? To what extent are you engaged in sports?

Intimacy - How intimate are you? Do you want more intimacy in your life? How often are you intimate? What does intimacy look like for you?

THE DIFFERENT AREAS OF YOUR LIFE

Meaningful Activities - Do you have meaningful activities in your life? What do you see as meaningful activities? Do you feel like you lack in this space and want/can do better?

Relationships - What do your relationships look like> Personal, professional, acquaintances? Could you do better in this space? Do you want to do better in this space? Could things be different in this space?

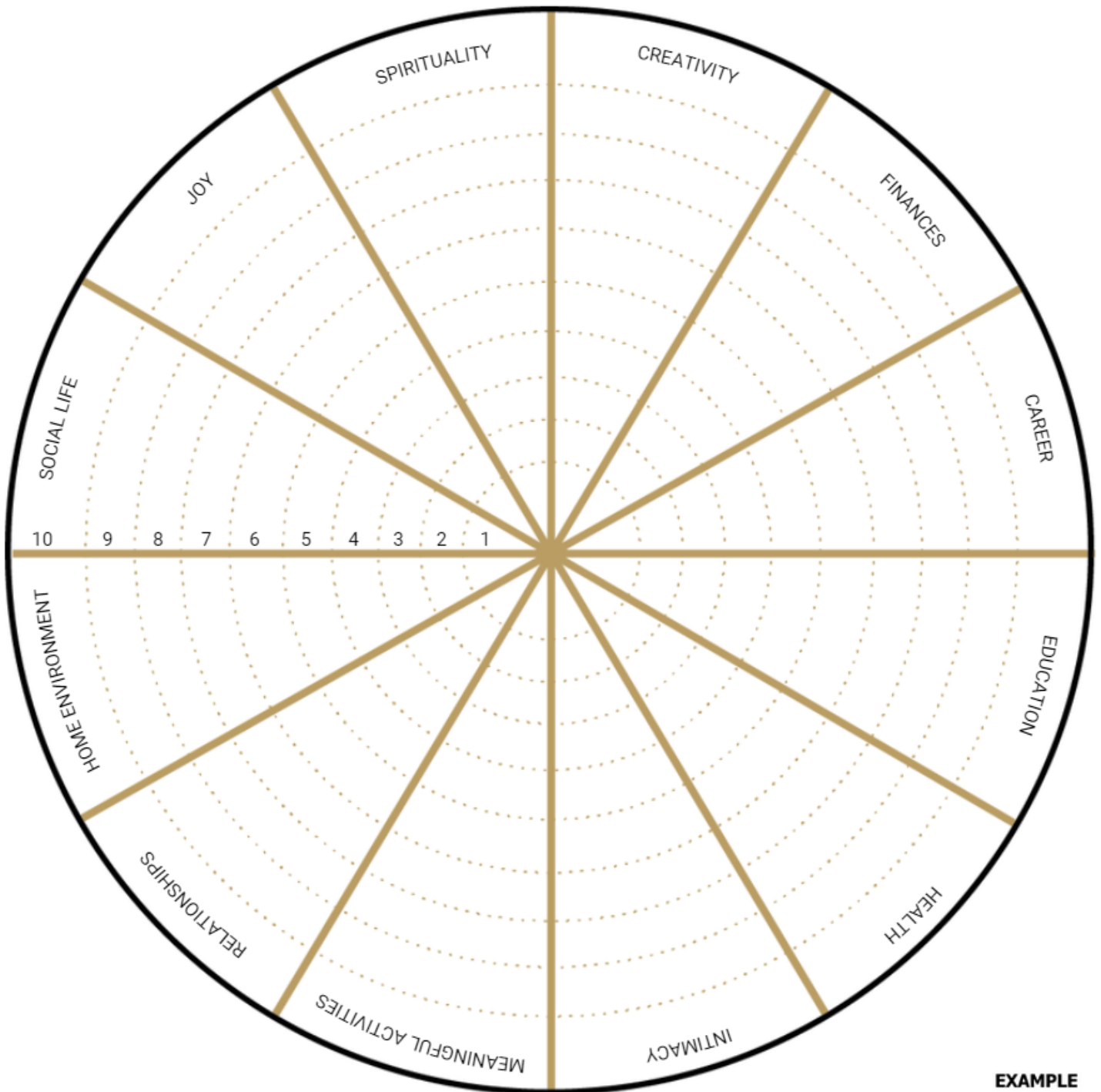
Home Environment - What does your home environment look and feel like to you? Are you happy to go home each day? What would you change? Do you want to do better in this space? Could things be different in this space?

Social Life - What does being social mean to you? Do you wish/want it to be different? Should you put more effort in? Are you time poor?

Joy - What even is joy? What does joy mean to you? How is joy incorporated into your life? Do you want more joyfulness in your life? Are there things you can do to achieve this?

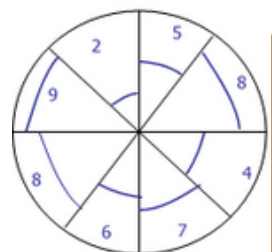
Spirituality - What does spirituality mean to you? How spiritual are you? Are you open to spirituality in life? Do you see spirituality as 'woo woo'?

YOUR TURN



Where are the opportunities in your life?

EXAMPLE



REFLECTION AND ACTION

For each area...

Why did you give yourself this score in this area?

What is the ideal score for each area?

What are you grateful for in this area?

Anything you would choose to improve?

What score do you want to achieve after a month, after 3 months, after 6 months and after a year?

Which areas are of individual importance to be able to achieve balance?

What are you committed to?

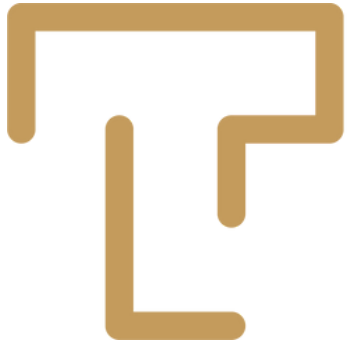


What do you need to focus on?
What steps do you need to take?
Who do you need to be to achieve this?



REFLECTION





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