

THINKING
LEADERS

AWARENESS

The Wheel of Life

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THE WHEEL OF LIFE - AN OVERVIEW

Review the 8 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 OUR LIFE

Significant Others/Romance - Have you found happiness in love? Do you have a new partner or a committed partner on who you can build?

Personal Growth - How do you deal with personal growth. Are you open to new experiences and eager to learn? Are you spiritually connected to both the inner and outer world?

Fun and Adventure - Are you enjoying life? Do you practice hobbies or sports? How do you spend your free time?

Contribution - Do you help others? Do you volunteer? To what extent are you active at (sports) clubs, in the neighbourhood or taking care of family members?

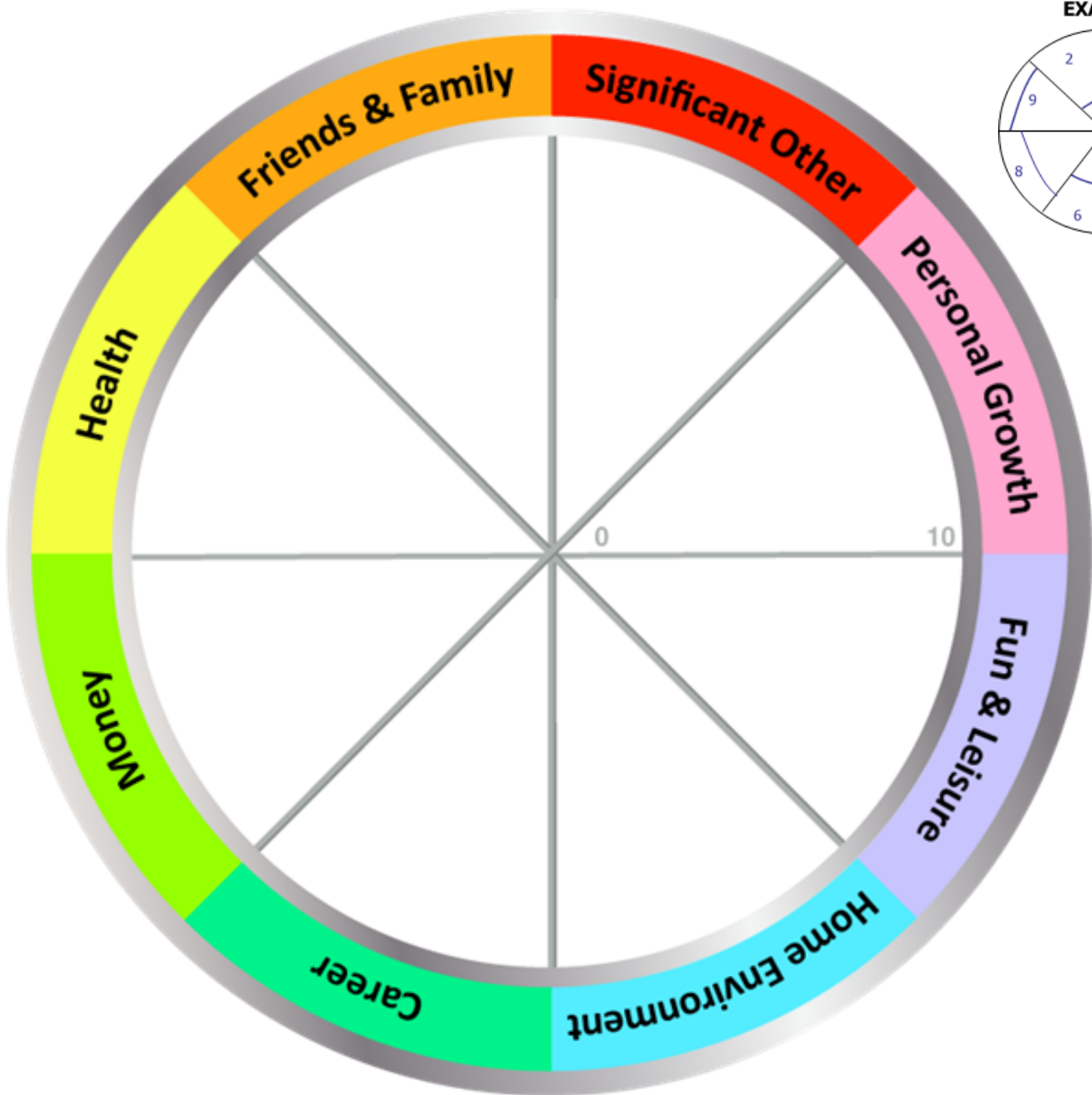
Career - How satisfied are you with your job, is it the job that you had imagined or would you rather pursue another career? Does the job bring you happiness and satisfaction? Does the job earn enough for a living?

Money/Financial Wellbeing - 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?

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?

Family & Friends - Are friends supportive, unconditional and trustworthy? Can friendships be built upon and friends always be counted on? To what extent do you spend your free time with family and friends? What is your home environment like?

YOUR TURN



Where are the opportunities in your life?

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?

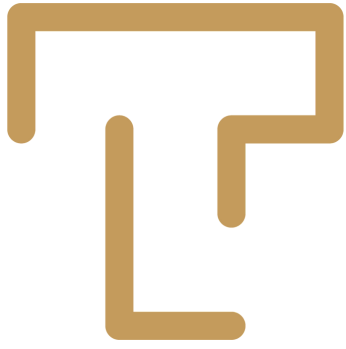


REFLECTION





REFLECTION



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