



Leah K. Walsh

COACHING

THE WHEEL OF LIFE

Productivity isn't about being a workhorse, keeping busy or burning the midnight oil...It's more about priorities, planning, and fiercely protecting your time. -Margarita Tartakovsky

A SIMPLE TOOL TO TAKE A “HELICOPTER VIEW” OF YOUR LIFE

The Wheel of Life is a tool to assess how things are going in key areas of your life and to identify areas that need more attention. It gives you a visual representation of the way your life is currently, compared with the way you'd ideally like it to be. It is called the *Wheel of Life* because each key area of your life is mapped on a circle, like the spokes of a wheel.

The concept behind the wheel is that you will be more fulfilled if you can find the right balance or attention for each of the dimensions. Remember that different areas of your life will require different levels of attention at different times. Inevitably, you need to make choices and compromises as your time and energy are not in unlimited supply.

For each area of the wheel, you'll be answering these questions:

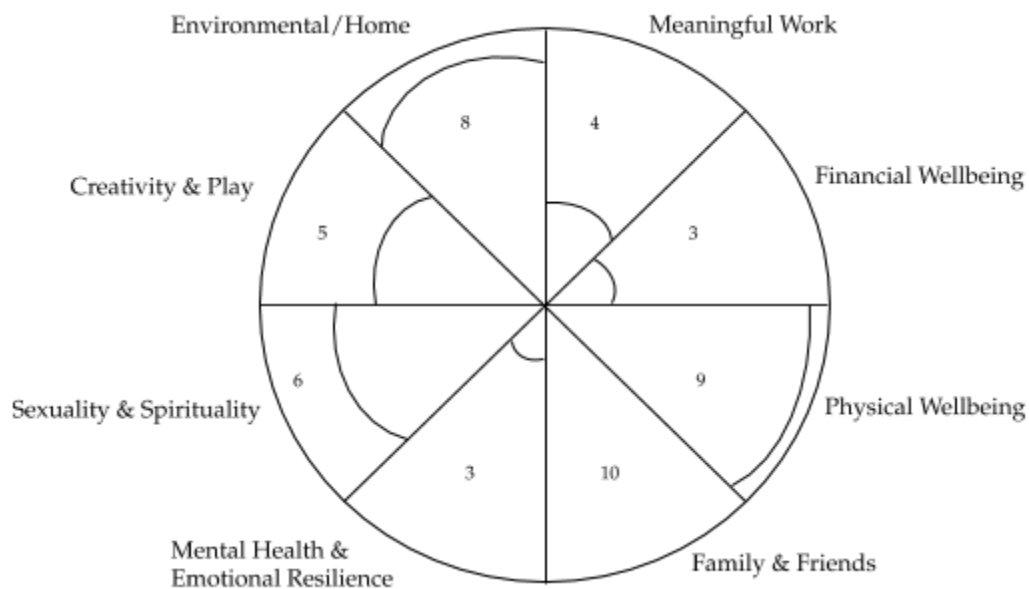
- ⇒ How satisfied or fulfilled are you right now?
- ⇒ How much attention are you willing to devote to make changes?

DIRECTIONS FOR COMPLETING THE WHEEL OF LIFE

The eight sections in the Wheel of Life represent different life dimensions, all of which nourish us in different ways.

1. Seeing the center of the wheel as “0” and the outer edge as “10,” rank your current level of fulfillment/satisfaction with each life dimension by drawing a straight or curved line to create a new outer edge (see example below). The rankings are from 0 (low) to 10 (high).
2. Connect the lines together.
3. Note that you now have a visual representation of your current level of fulfillment in each area.
4. Take time to step back and assess the areas that need attention (refer to questions listed in the next section).

EXAMPLE OF A COMPLETED WHEEL OF LIFE:



WHAT TO DO NEXT:

Once you have identified the areas that need attention, it's time to plan the actions needed to experience more fulfillment in your life.

Here are some questions to consider after completing the wheel:

- Describe what "a fulfilled life" looks like to you.
- On which two areas would you like to focus first to move you closer to the life you described?
- How smooth or bumpy would your ride be if this were a real wheel? Any surprises?
- What things do you need to START doing? In the areas that are not fulfilling, what could you STOP doing, reprioritize, or delegate to someone else?
- Given what you identified, are you willing to commit the energy needed to make changes? If yes, what help or support from others could assist you?

YOUR WHEEL OF LIFE

