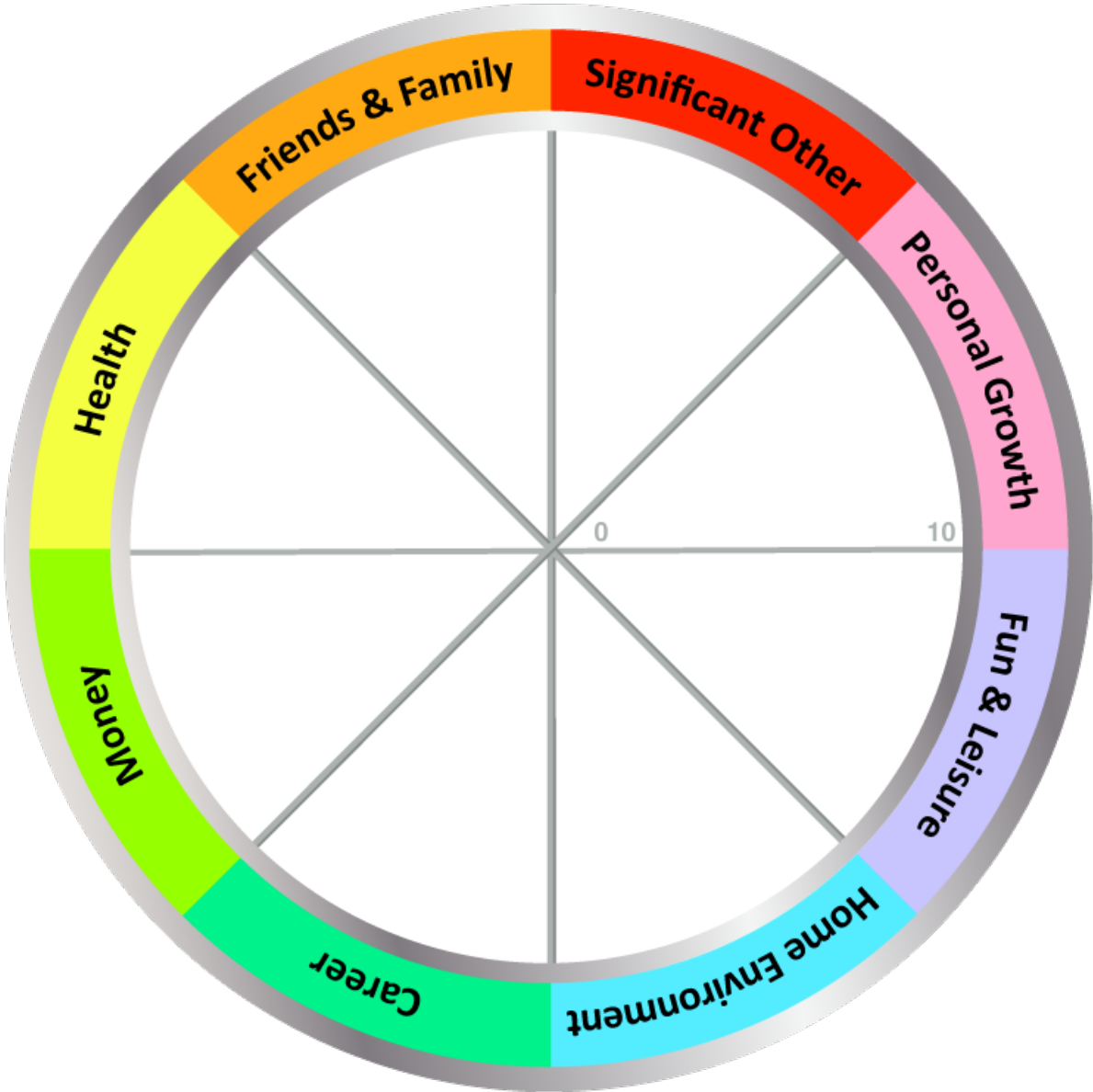




Task 5: Wheel of Life

YOUR NAME: _____

TODAY'S DATE: _____





Task 5: Wheel of Life

COMPLETE THE WHEEL:

- 1. Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- 2. Next, draw a line across each segment that represents your satisfaction score for each area.**

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example above)

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!

The Wheel of Life Exercise –

1. The new perimeter of the circle represents their Wheel of Life. Is it a bumpy ride? **Yes** _____ **or No** _____
2. Now, looking at the wheel here are some questions to ask yourself:

2.1	Are there any surprises for you?	
2.2	How do you feel about your life as you look at your Wheel?	
2.3	How do you <i>currently</i> spend time in these areas?	
2.4	How would you <i>like</i> to spend time in these areas?	
2.5	Which of these categories would you <i>have</i> to improve for better balance in life?	
2.6	If there was one key action you could take that would begin to bring everything into balance, what would it be?	

3. Taking action - the final step. Now complete the **Self Mastery Workplan** (Task 6 on the PowerPoint download) that will allow you to work on the areas that need attention.