

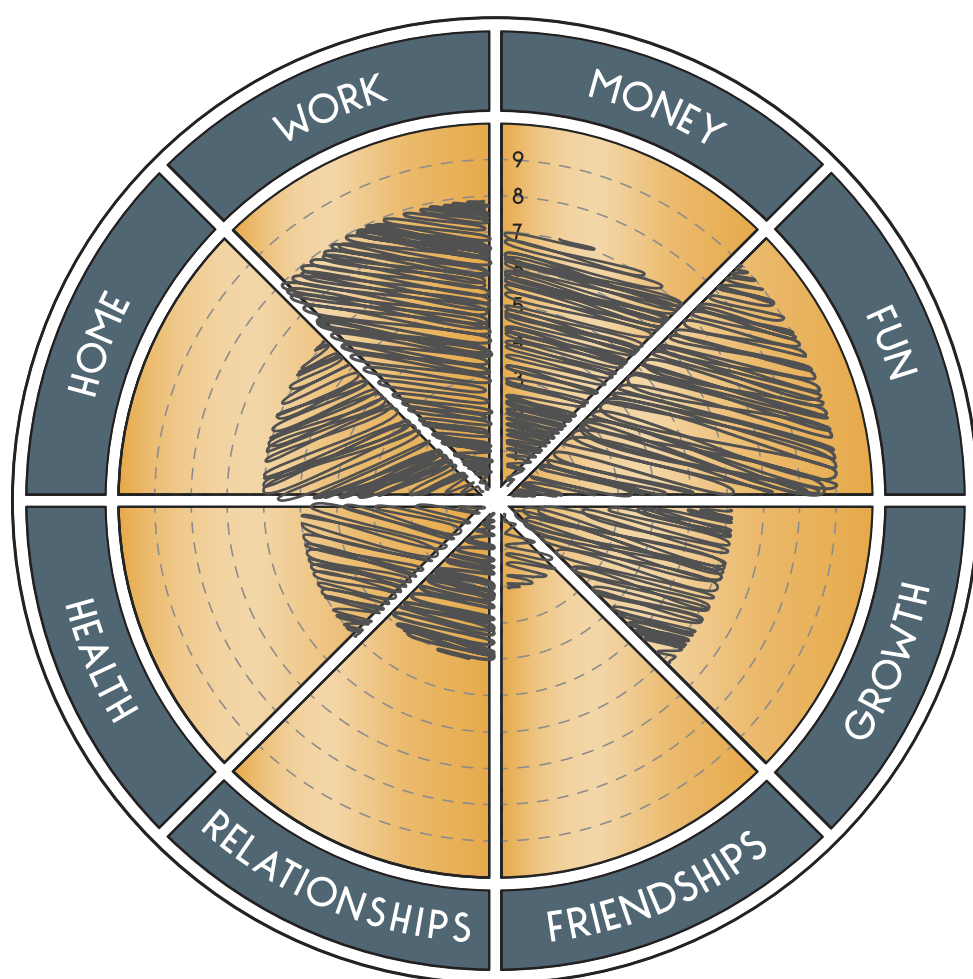
WHEEL OF LIFE

Our lives consist of a number of areas which, while separate, are all connected and have an influence on each other. Some areas of our lives, at any given moment, can be going well; we're achieving success or feeling satisfied with the direction it is going, and you are happy. However, there may be one or two areas that are not going great, where you feel overwhelmed or out of control, which having a negative impact on other areas of your life and your happiness.

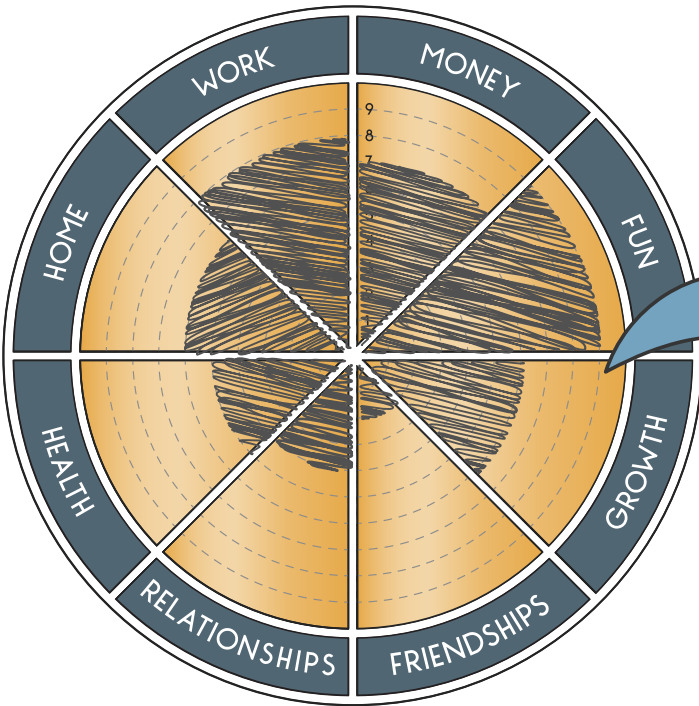
It is rare for us to find the time and take a minute to assess our lives and to evaluate specific areas such as health, wealth, relationships. The Wheel of Life can help you to review the differing core areas which make up your life. There are two versions within this worksheet, one where the areas are defined and a blank one where you highlight the areas of your life, in your own words. You choose the one which you feel is most appropriate.

On a scale of 0–10, where 0 is truly awful, the worst it could be and 10 is great, the best it could be, Evaluate each of the core areas of your life.

An example of a completed Wheel of Life is shown below:



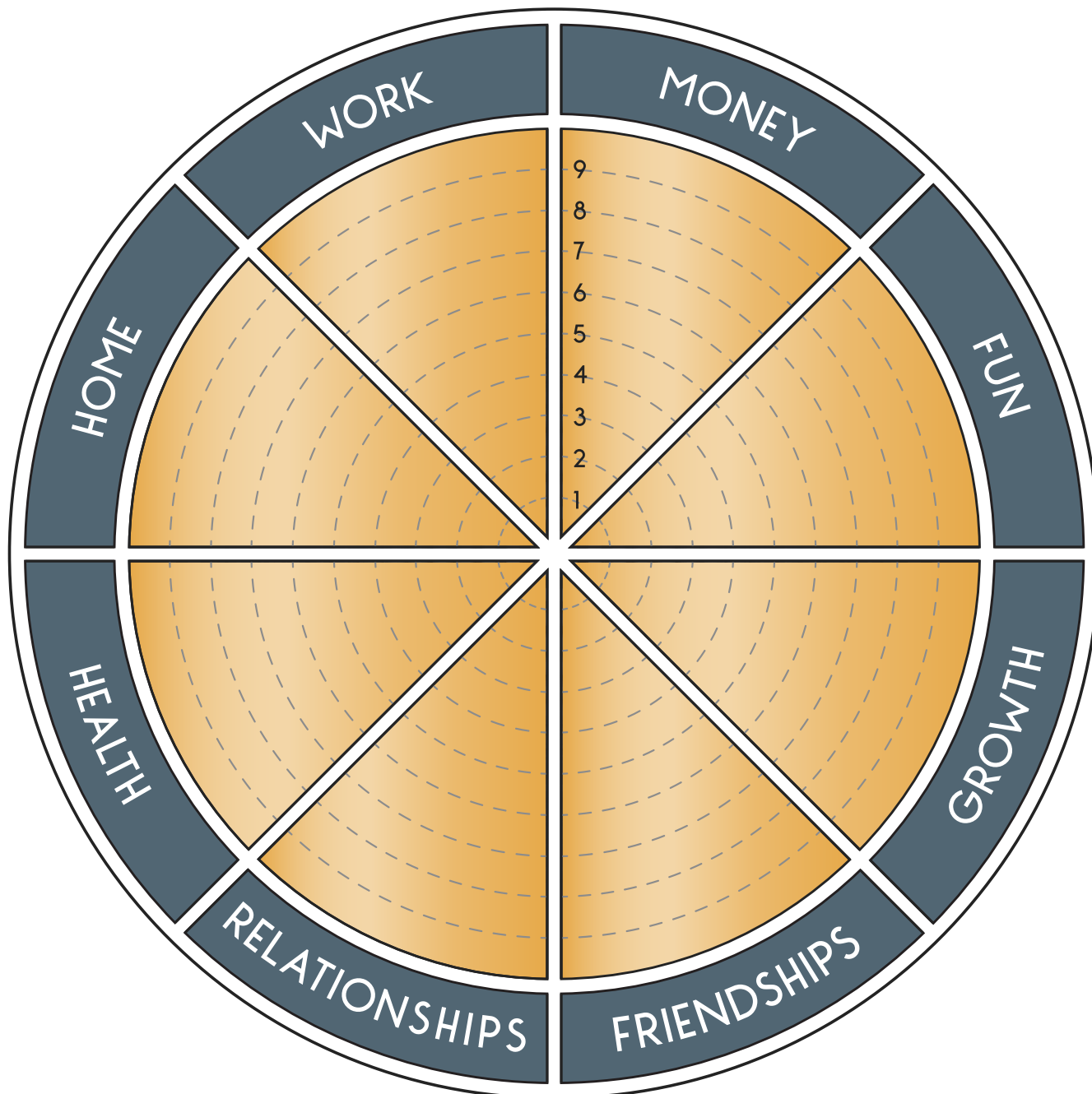
When you have scored all the relevant areas of your life, transfer your scores onto a blank sheet, and then focus upon areas which scored the lowest and consider if this is where your attention needs to go in order for you to achieve the outcomes you want. Then, look at how balanced the wheel is. If you are scoring high in the majority of areas but low in a couple of them, consider what your journey through life is going to be like. Just as with a car that has a flat tyre, the journey to any destination is not only going to be a bumpy ride but it is also going to take extra energy and concentration to get there. Only when there is balance will you have a smooth ride.



SCORE: 0-10

Work Current role, career	8
Money Spending, savings, your income	7
Fun Relaxation, time to yourself, hobbies	9
Growth Personal development, learning	6
Friendships Network, support	2
Relationships Family, romance	4
Health Fitness, well-being	5
Home Environment, location	6

If you prefer to identify your own areas, there is a blank Wheel of Life worksheet at the end of this booklet.

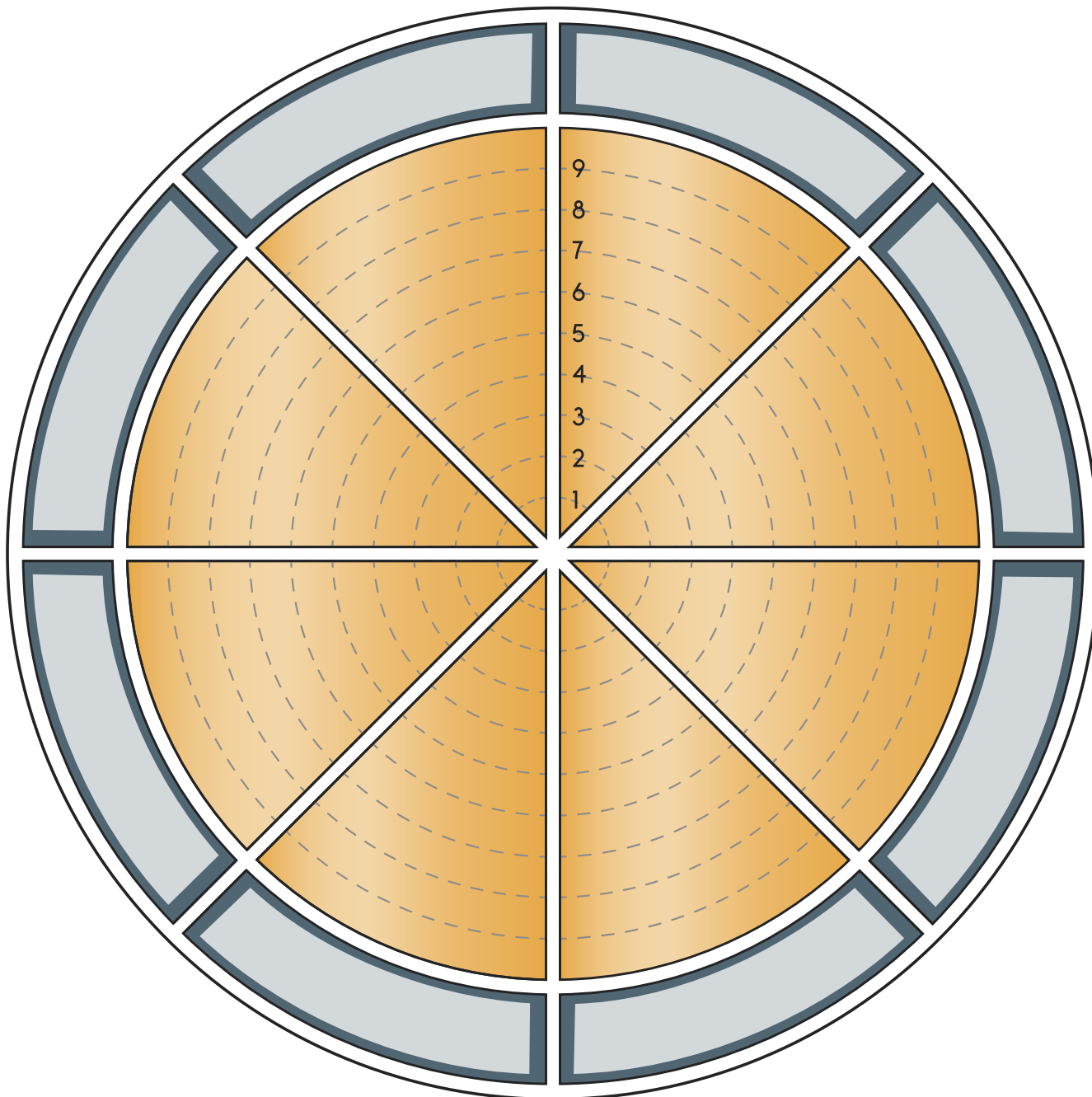


SCORE: 0-10

SCORE: 0-10

Work Current role, career	
Money Spending, savings, your income	
Fun Relaxation, time to yourself, hobbies	
Growth Personal development, learning	

Friendships Network, support	
Relationships Family, romance	
Health Fitness, well-being	
Home Environment, location	



SCORE: 0-10

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