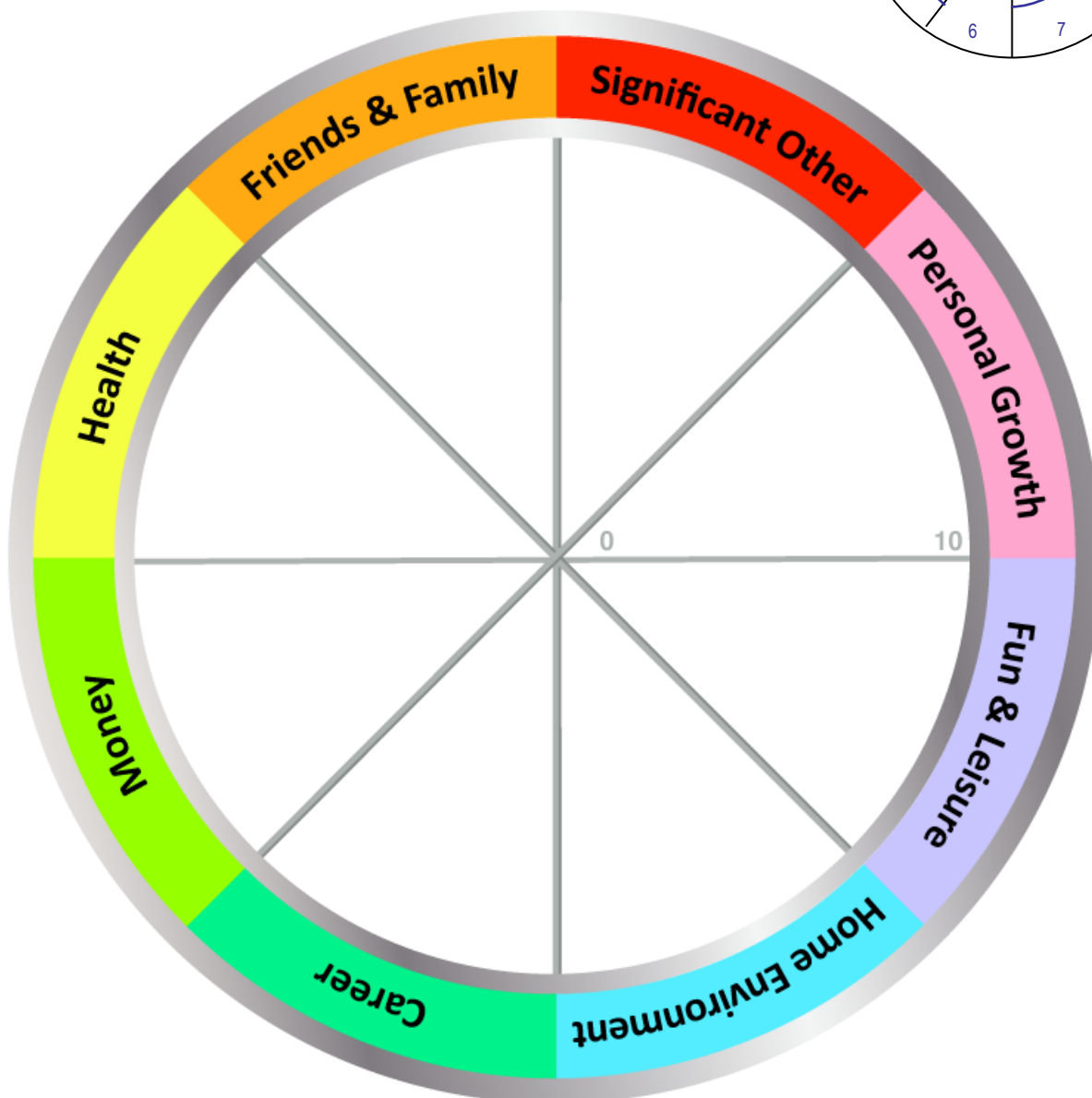
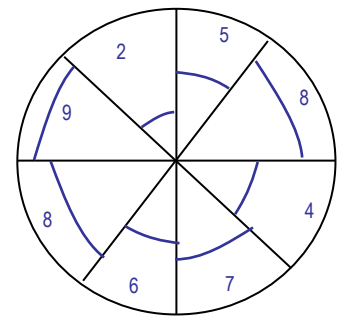


Wheel of Life Well-being Exercise

TODAY'S DATE: _____

EXAMPLE



COMPLETE THE WHEEL:

1. Review the 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

Notes:

- This exercise is not about looking for perfection. It is about looking for balance and/or personal fulfilment, which may look different on your wheel than it does for others. With this in mind, work this exercise with authenticity, curiosity, and non-judgment.
- Language may vary for you. It may be helpful to consider these variable approaches to the wheel:
 - Split "Family and Friends" into separate categories.
 - Change "significant other" to "Dating", "Relationship" or "Life Partner".
 - Change "Career" to "Parenting", "Work", "Service", "Business" or "Volunteering".
 - Change "Money" to "Financial Security" or "Financial Wellbeing".
 - Change "Health" to "Well-being" or split into dimensions "Emotional", "Mental", "Physical", and/or "Spiritual".
 - Change "Home Environment" to "Work Environment" or split the category for both.
 - Change "Personal Growth" to "Lifelong Learning", "Self-Development" or "Spiritual".

Detailed Instructions:

1. Complete your review of the categories on this Wheel of Life, using the FIRST number that pops into your head.
2. As you consider your completed wheel, ask yourself; "overall, how bumpy is the ride?"
3. Now, dig deeper with these questions:
 - Are there any surprises for you?
 - How do you feel about your life as you look at your wheel?
 - How do you **currently** spend time in these areas? How would you *like* to spend time in these areas?
 - What would make that a score of 10?
 - What would a score of 10 look like?
 - Which of these categories would you **most** like to improve?
 - How could you make space for these changes in your life?
 - What help and support might you need from others to make changes and be more satisfied with your life?
 - What change **should** you make first? And what change do you **want** to make first?
 - If there was one key action you could take that would begin to bring everything into balance, what would it be?
4. Take action.

Depending on your wheel, and considering your capacity and readiness, choose the area/s that could benefit from your time and attention. Set 1-3 SMART (specific, measurable, achievable, relevant, time-based) goals for yourself to get started.

5. Set yourself up for success.
 - Start SMART – be sure your goals align with what is realistic for you.
 - Book yourself! Schedule time in your calendar for action steps, research, and/or further learning.
 - Express your intention verbally to a friend or colleague. Ask them to check in with you in the future.
 - Take advantage of well-being resources to support you through change.

6. Revisit the wheel

Remember that you're not looking for perfection. You're looking for balance and/or fulfilment, which must be assessed over time. A regular check-in (e.g. using this exercise) can highlight useful patterns and help you to learn more about yourself.