

Wheel of life

Step 1

Identify 6 key areas of your life: Brainstorm a number of issues or key areas in your life that are important for you and select the 6 most important. You can use the list of possible areas below or to add something different.

Career

Friends

Family

Relationships

Work/life balance

Health

Spirituality

Fun / Adventure

Growth / Personal
Development

Social life

Finance

Contribution /
Giving back

Partner

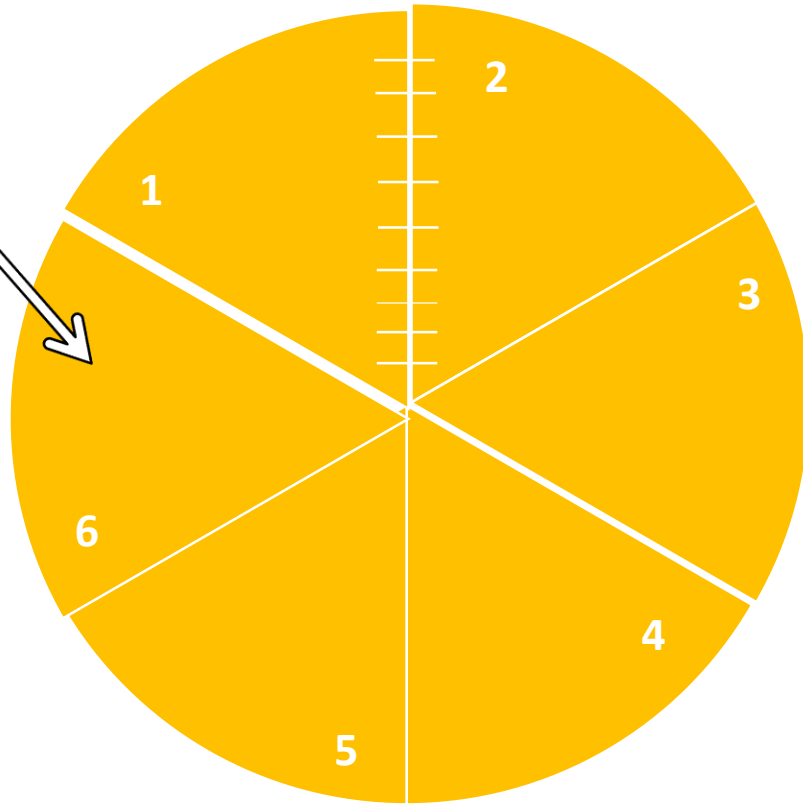
Environment

Travel

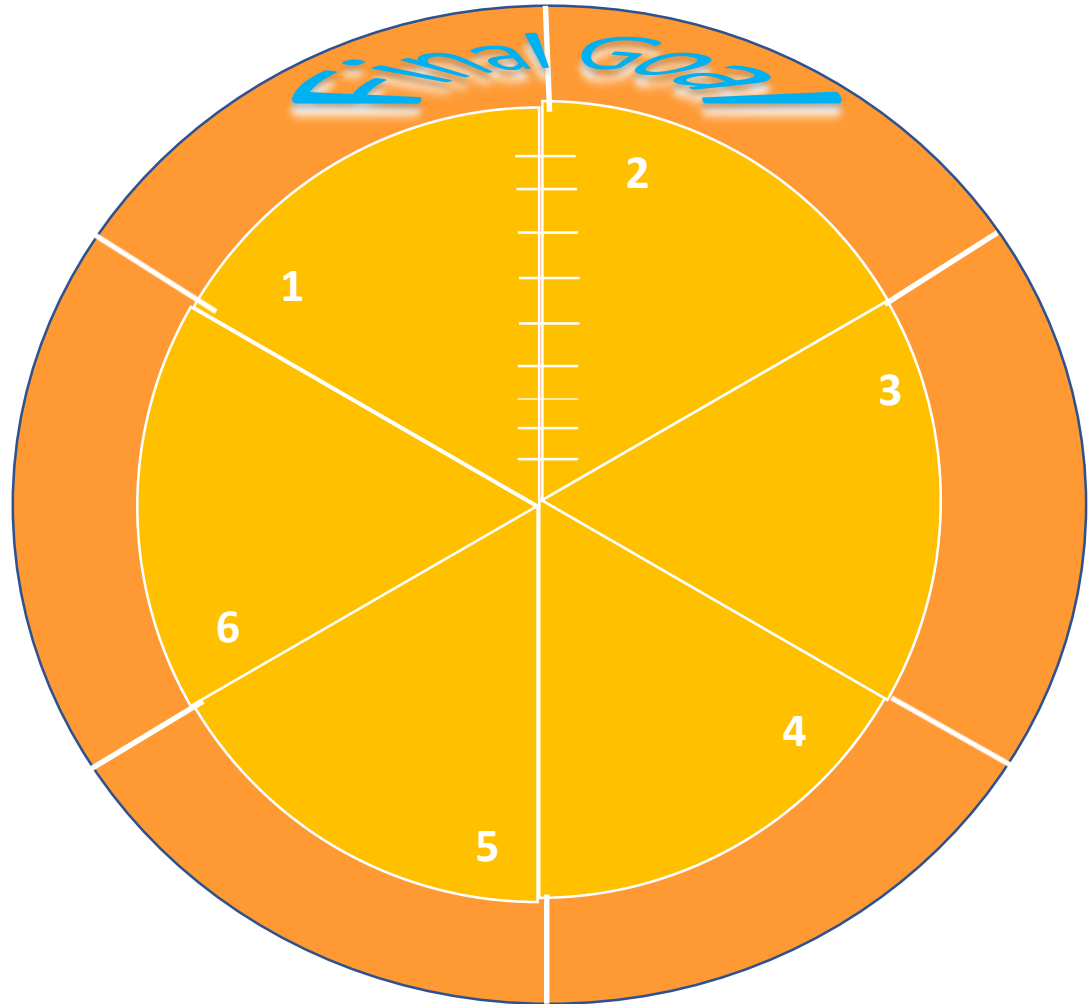
Time management



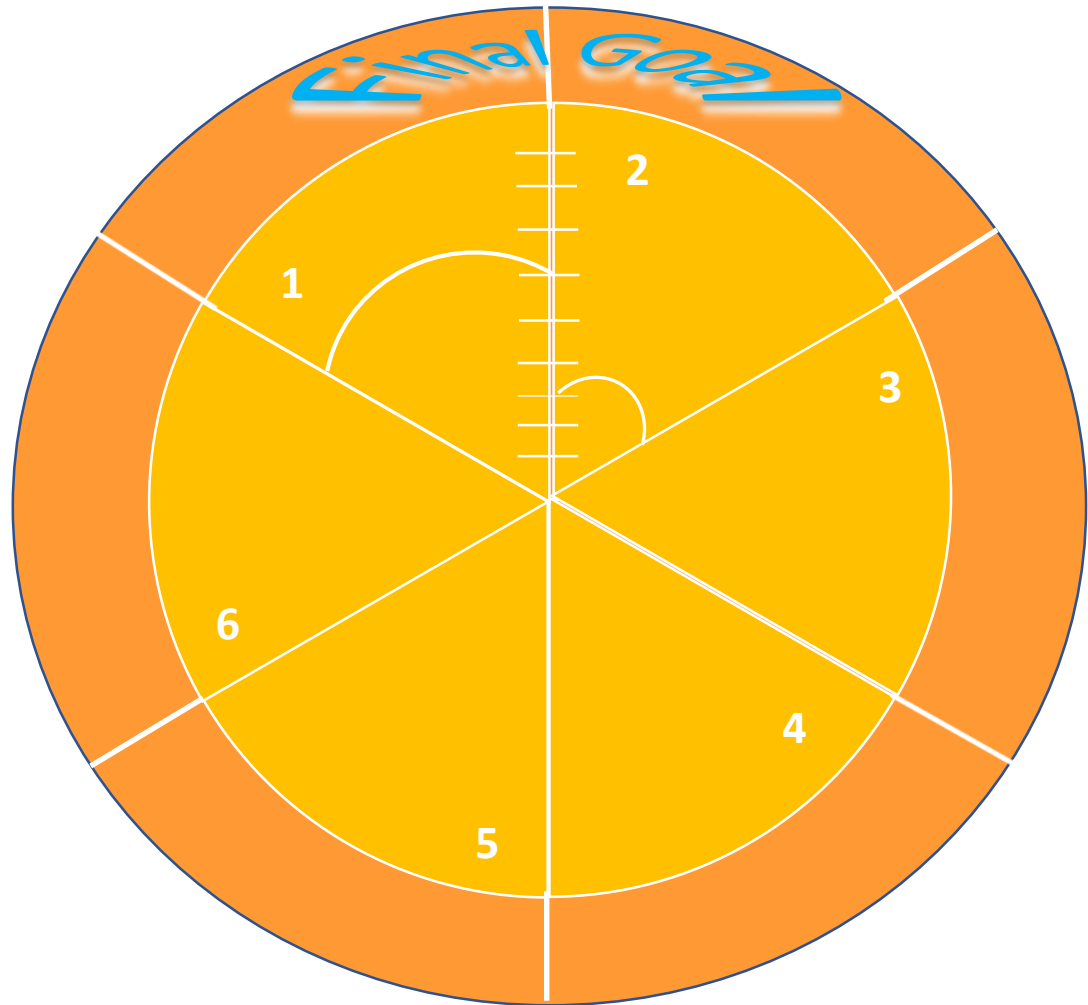
Put these 6 areas in the middle of your Wheel



On the second round write the final goal related to each area of your life. If everything in that area of your life was just as you want it to be, how would it be? What would be happening? What would you be feeling? What would you be doing? Where would you be? Describe this as precisely as you can.



Now score the areas of life (all 6) on a scale of 1 to 10 where 10 is where you are completely satisfied with everything what is going on there and it 100% fits your description of the final goal; and 0 is where you are completely dissatisfied, where you have nothing and nothing is happening in this area.



Step 4

Strengths

Strengths

Strengths

Draw the Strengths boxes outside the Wheel. For those areas which you scored less than 6 out of 10, write all the things that are already going well in these areas. Write all those positive things, which gave you that score, that attributes what you already have and already done.
DON'T BE MODEST!

Strengths

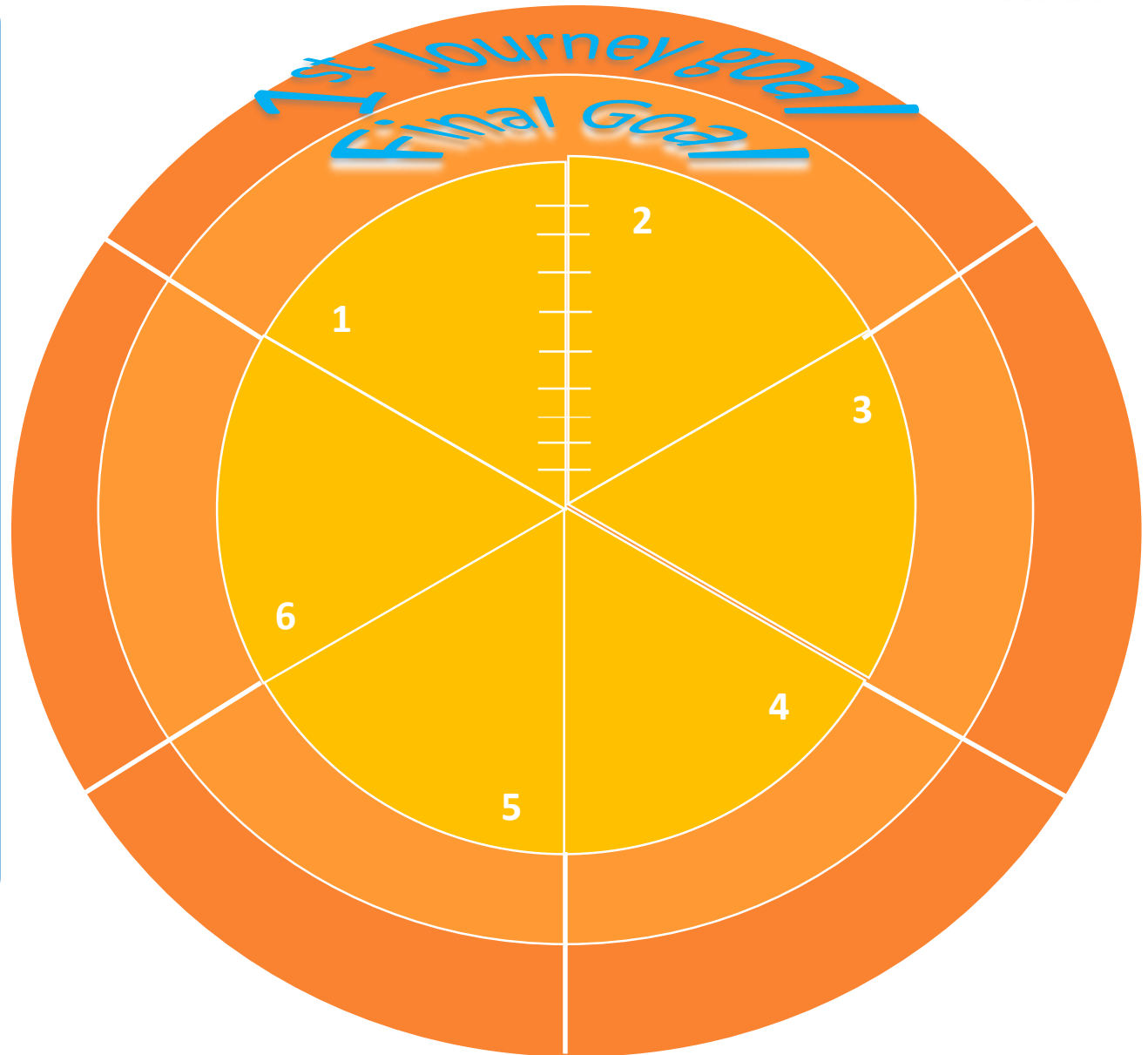
Strengths

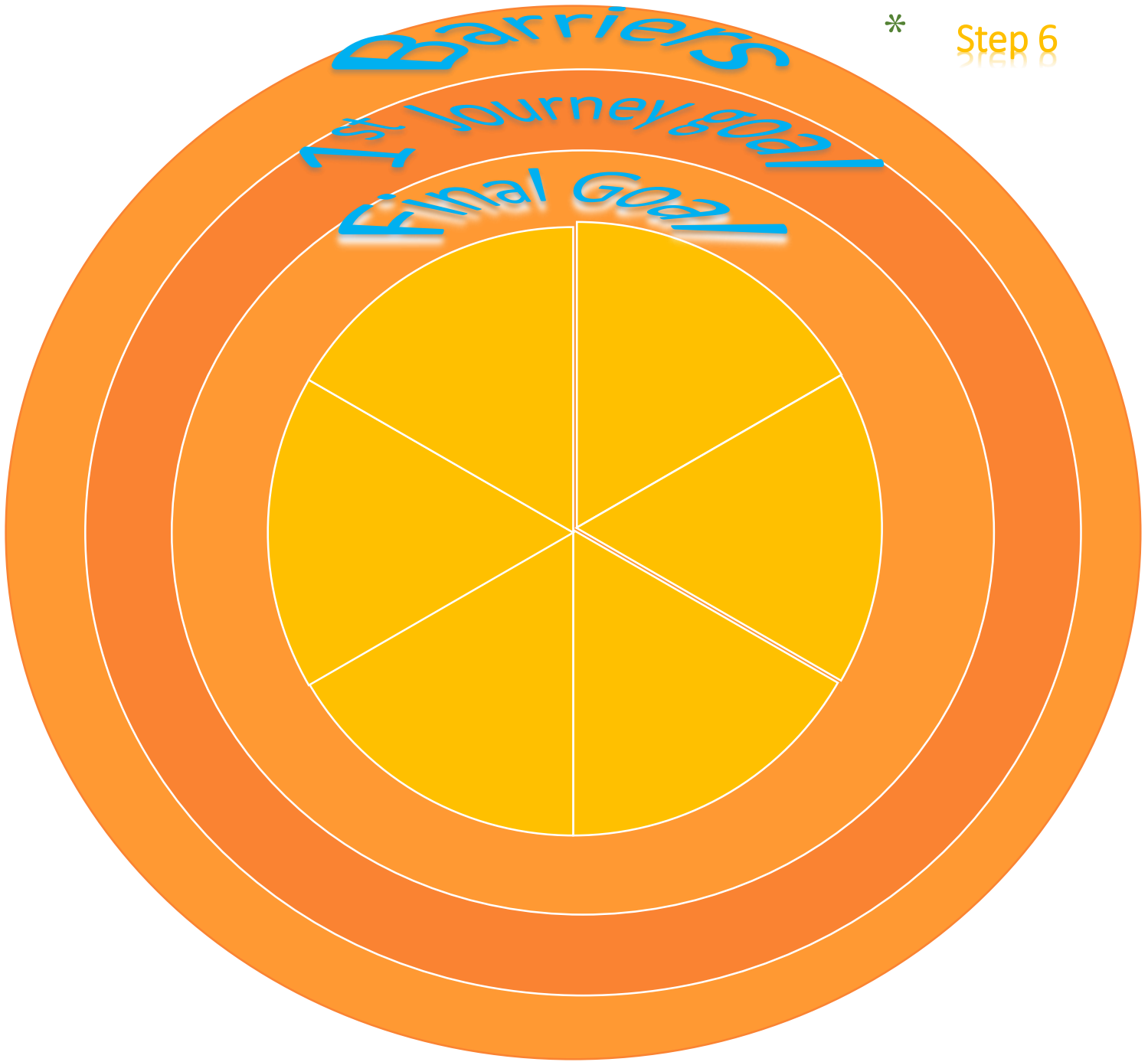
Strengths



If you score 6 or lower a particular area of your life, think what you can do that will move the score 1 point higher. If your score is 6 what can make it 7? Write it on the third round of the Wheel.

This should be positively stated (not what you want STOP doing, but what you want START doing), personal (about you not about anybody else), stated in Present tense.

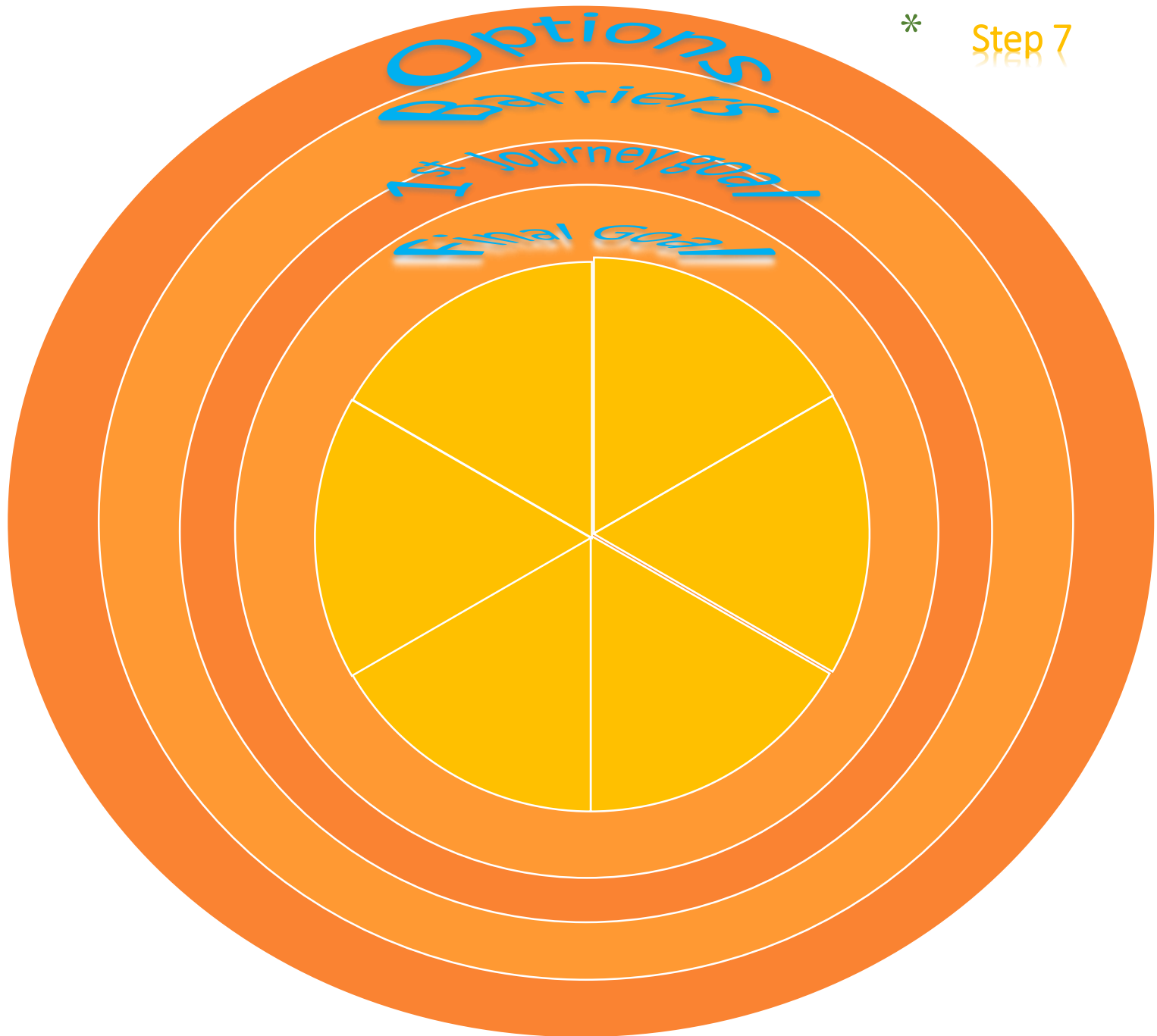




As a next step write what potentially may stop you on the way. What potential obstacles may you have? Be specific.



Brainstorm ALL options of actions that you could do to move towards your 1st journey goal. Be as creative as you can. In the next round write at list 3 options of actions for each area where your score is lower than 6.



With those 3 options you have in mind, what 1 action WILL you take within the next 48 hours that will make a positive impact on that area of your life?

WELL DONE!

You have done a great job identifying your priorities, final goals, 1st journey goals, barriers and actions.

Please bring the filled in Wheel to our first coaching session, so we can start working together towards achieving your goals.

See you soon!

