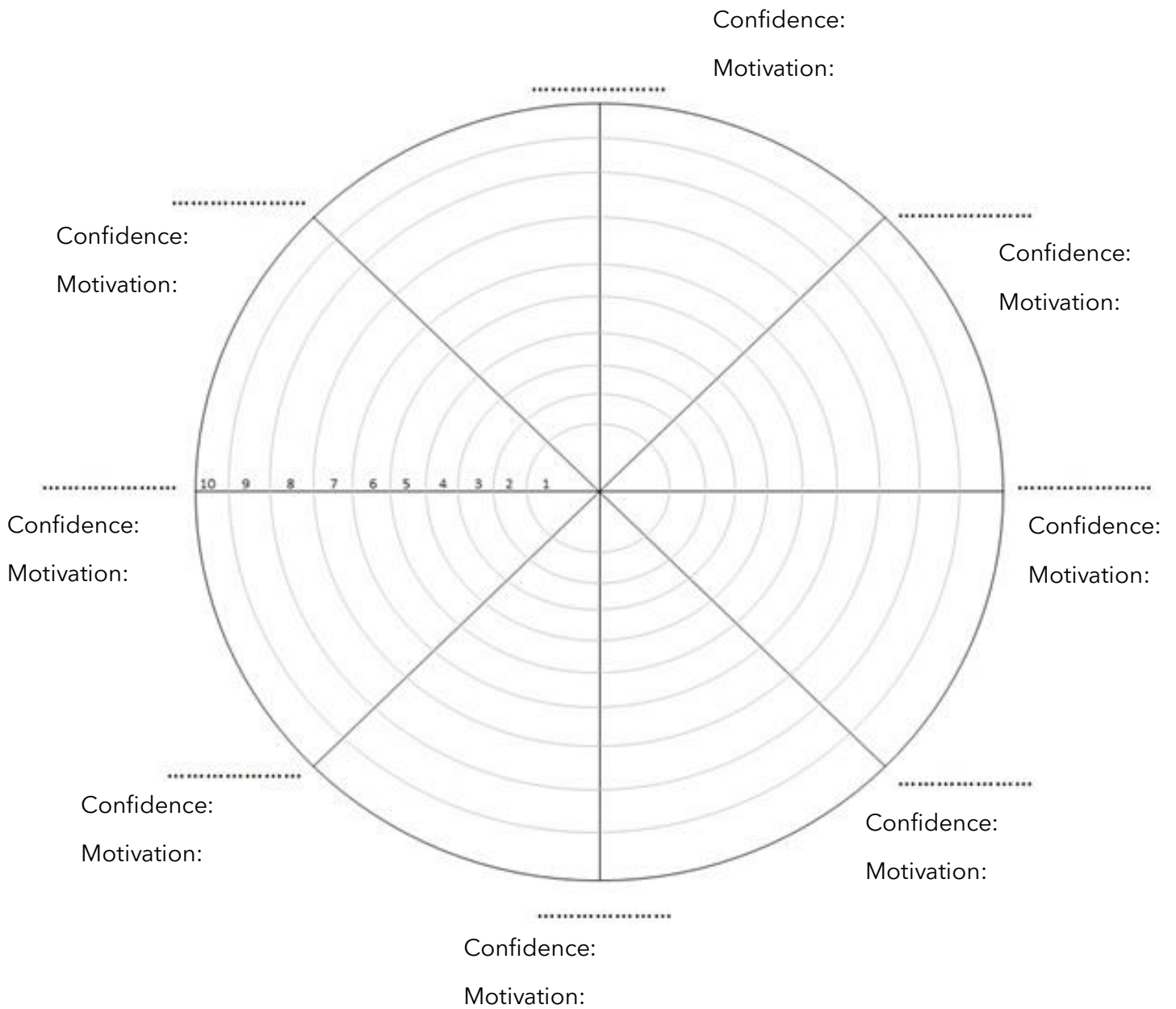


The Wheel of Life Exercise



Step 1

The eight wedges in the wheel represent different aspects of your life. Write down the areas of your life you would like to explore or focus on, or alternatively write one of the headings below on each dotted line.

| | |
|----------------------|-------------------------------|
| Physical Environment | Fun & Leisure |
| Family | Health & Fitness |
| Relationships | Money |
| Career | Spirituality/ Personal Growth |

Step 2

The centre of the wheel is 0 (not even a little bit satisfied with that aspect of your life) and the outer edge is 10 (totally satisfied). Give each of the eight aspects of your life a mark out of 10, then using a pen or pencil colour up to the relevant score line on each wedge. After you have done this, think about how you would rate your motivation to change each aspect, and also your confidence in this area of your life. You can put your Motivation and Confidence scores outside of the wheel (use the 0-10 scale again for this: 0 being none at all, and 10 being very or a lot).

Step 3

Now you have coloured in your current scores in the respective wedges, the next step is to work out which score you want to have (it doesn't have to be 10) and what that would look like for you. It helps to imagine that time and money are no object, so you're free to think clearly rather than putting obstacles up. Using the same wheel, mark your desired (but realistic) scores and using a different colour, fill in the section from your current score line to the new score line. After you have done this, you will be able to see where you are and where you want to be in each area of your life and also which area has the biggest score difference.

Step 4

With a clearer picture of where you are now, and where you want to go in the future, we can start creating goals and addressing some of the challenges.