

ClearwaterCoach

from chaos to clarity



The Wheel of Life

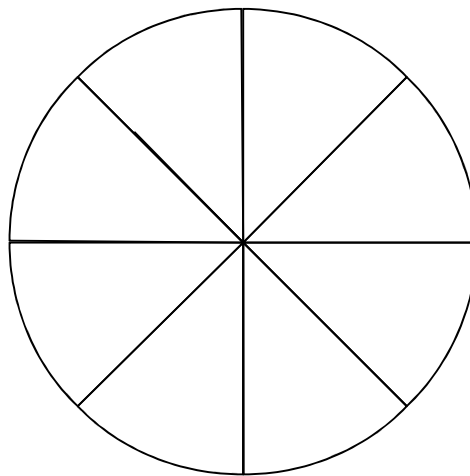
The Wheel of Life is a tool that can help you gain perspective on eight areas in your life that are important to you today.

Using the centre of the wheel as a score of 0 and the outer edge as a score of 10 you can:

- Use the wheel to score how much satisfaction you have in each area, or
- Use the wheel to score how much time you are spending in each area, or
- Use the wheel to track your progress during a coaching relationship.

When you reflect on the scores you can use the information to create an action plan with a goal to increase them. This will help you work towards living a life that you really, really love!!

Start by drawing a diagram like this:



You can name the sections of the diagram whatever you like! Here are some ideas to help you get started:

Home
Health
Friends and Family
Relationships
Career
Money
Personal Growth
Fun and Recreation

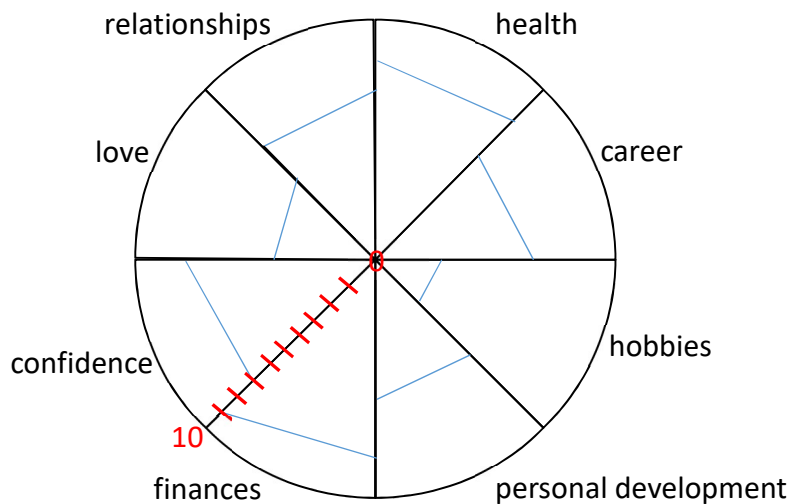
Relaxation
Assertiveness
Confidence
Hobbies
Spirituality
Love

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When you have put in your labels and scores your wheel may look something like this:



Here are some questions to reflect on when looking at your scores:

- If this were a wheel, would my ride be bumpy or smooth?
- How does my completed wheel make me feel about my life?
- Are there any themes I can see in my scores?
- Are the scores what would I like them to be? If not, take a different coloured pen and draw on your ideal score (see below).
- Bear in mind that not all scores have to be 10. For example, if you wish to spend less time on your career and more time on hobbies or fitness then your career score may stay the same, or even reduce to allow you to focus more of your energy in other areas.
- Some increases will affect all of your scores, for example if you increase your confidence. Is there one area for you where, if changed, it would improve the all other scores?

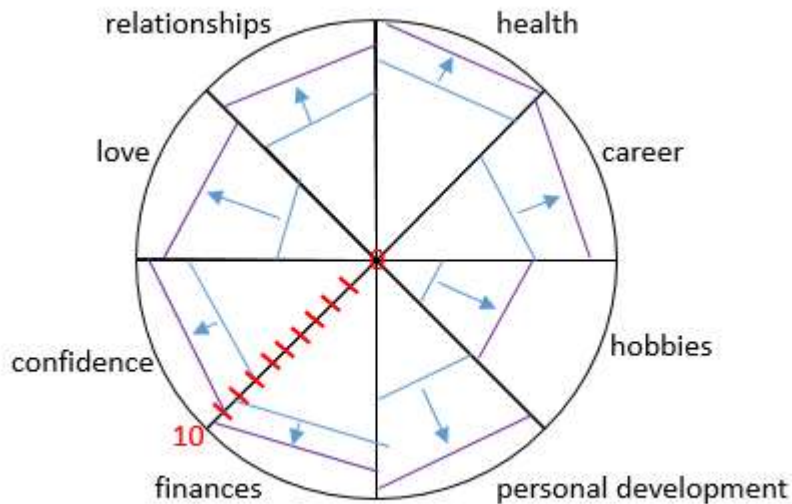
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- For some people it may be important to achieve balance in all areas, for others it may be that a lower score in one area will allow another area to grow.

Your finished wheel may look something like this:



Here are some questions to reflect on when looking at your completed wheel:

- Ask yourself what would my life look like if I lived with these ideal scores? What would be different? What would stay the same?
- What would need to change to make it so?
- What action points have arisen from this exercise? When will I complete them?
- What could get in my way of making these changes? How could I overcome these obstacles?
- What skills and resources do I have to help me get the results I am looking for?
- Use the table below to create an action plan.

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Action Plan:

Tip: Be as specific as you can when creating your goals and be sure to include time frames and deadlines.

Project Name	Final Goal	First Step	Barriers	Actions	Strengths

I hope you have found this worksheet useful. I would love to hear your experiences with using the Wheel of Life. You can do this exercise regularly to track your progress towards your goals and the life that you LOVE to live!!

For one to one coaching support, contact me via www.clearwatercoach.co.uk to book your discovery call where we can get to know one another and design a package to perfectly meet your needs,

Wishing you every blessing,
Sarah