

THE WHEEL OF LIFE EXERCISE

Use the Wheel of Life exercise to review the current balance of your activities and those that you wish to increase or decrease.

The idea of this exercise is to visually represent your level of satisfaction/dissatisfaction in different areas of your life. We have suggested eight areas below, but you may want to remove or add areas to fit your own circumstances. The centre of the wheel is zero and the outer rim is ten. Draw your own version of the wheel and rank your level of satisfaction with each area of your life on a scale of zero to ten, marking this in the relevant place, and then connect these up, as shown in the diagram below. You should do this exercise twice: first, showing how you would score your life currently, then secondly, how you would like your life to be. Think about how you might reduce

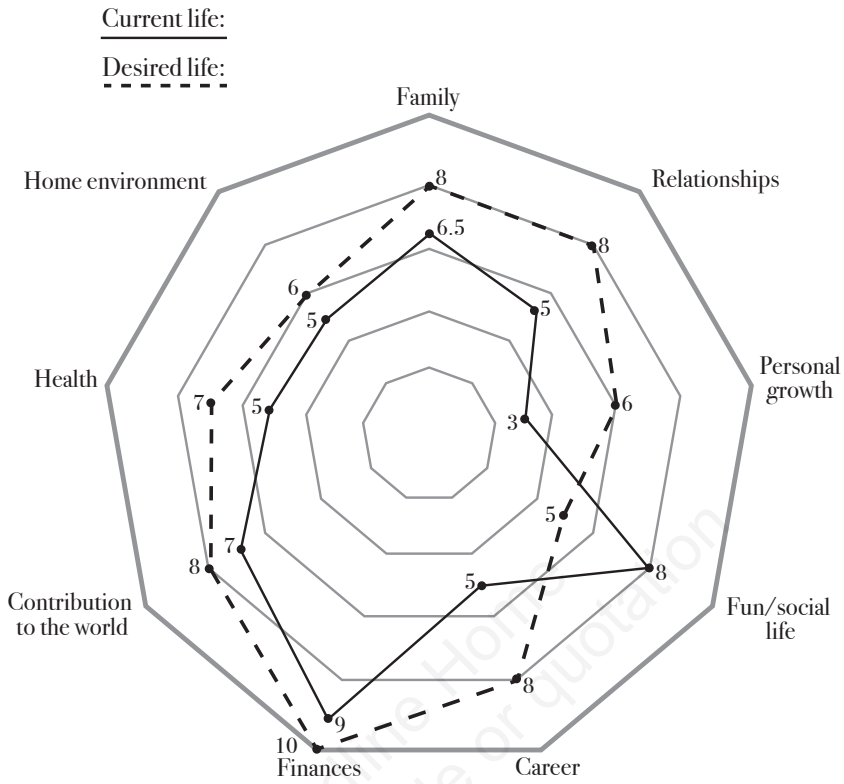


Figure 6: The wheel of life

the gaps in the scores where they are significant. The idea isn't to score ten out of ten on everything – some areas will be relatively less important than others – but to identify areas where you want to concentrate on making some adjustments as you change gear.

