



REBIRTH

by

HeKmat

Name of Exercise: Wheel of Life

Objective

One of the life coach's most valuable and versatile tools is the Wheel of Life. It's a simple and easy-to-use exercise that can help you find out which areas of your life are most satisfying and where you would like to focus attention on improving your quality of life (The Coaching Tools Company, 2012)

Goals

To learn which aspects of your life can be improved.

Solution

Download the sample wheel of life diagram (on the last page) or draw your own and follow the instructions below.



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“When people will not weed their own minds, they are apt to be overrun by nettles.”

— Horace Walpole

Creating your wheel of life

Start by picking up 5 to 10 areas that are really important to YOU in life at this moment. It can be things like:

love

friendship

finance

career

health

community

spirituality

housing etc

Now draw a circle and place 1 dot for each of your selected category at equal distance from each other (or print the sample on the last page).

Now place a dot at the center of your circle. Next trace a line between the center and each of your dots on the circle line. You should now have something that Excel calls a “spider graph”, looking similar to the picture that is at the beginning of this post.

Assessing your wheel of life

Now that you have created the base wheel of life, it is time to assess yourself against each category. Consider that the center is equivalent to a score of 0, and that the maximal score of the scale is at the other end of each line. I recommend scoring from 0 to 5.



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“The best way to succeed is to have a specific Intent, a clear Vision, a plan of Action, and the ability to maintain Clarity. Those are the Four Pillars of Success. It never fails!”

— Steve Maraboli

STEP1: where are you right now?

Place a mark based on your current score for each category. Remember: you are your own judge, so it is up to you to decide how honest you want to be with yourself!

STEP2: pick a time frame (I suggest to focus on 12 months from now) and mark where you want to be by that time. Using your wheel of life There are mainly 2 uses that you can directly extract from this simple exercise. Start by joining all your “current” marks and then also join your “future/target” marks. How round is your drawing? The more round the better balanced your life is.

See, it's not just about being at 5 every where, but it's also about making sure you focus on the areas of your life that do not satisfy you. For example if you have 1 for love and 4 for finance, more money is probably not going to provide you a stronger feeling of fulfilment... How are you going to get there? You have placed targets to move from where you are to where you want to be. Now take a moment to write down HOW you are going to move from where you are to where you want to be. What actions, what goals, what changes? Welcome to your new action plan!



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"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." Jimmy Dean

