

Wheel of Life

The Wheel of Life Exercise

- This exercise provides a snapshot of the level of satisfaction in your client's life.
- It helps clarify priorities for goal setting, allowing your client to plan so their life is closer to their definition of balance.
- Balance is personal and unique to each individual – what may be balance for some may be stressful or boring for others. Check in with your client as to what's relevant for them.
- Balance can be assessed over time. A regular check in on The Wheel can highlight useful patterns and help clients learn even more about themselves.
- The Wheel of Life can be referred to if a client is stuck for topics or to check in on progress.

Instructions

- Ask your client to think about the **Areas** of their life they would like to include which make up their Wheel of Life.
- Provide your client with the list of Areas for the Wheel of Life to assist them in filling in their most 8 important areas of their Wheel.
- Let your client know they can split Areas to add in more. They can also re-label an Area so that it is more meaningful for them.
- Once all the Areas are labelled around the wheel ask your client to choose one and start to work with that. Work with one Area at a time following the sequence below as a guideline:
 - Ask your client to describe what this Area **specifically means** to them.
 - Ask your client to think about what **success means for them** for this Area; what it feels, looks, sounds like (or would feel, look, sound like if they had it)
 - Ask your client to rate their **current level of satisfaction with this Area of their life** by placing a value between 0 (very dissatisfied) and 10 (fully satisfied) against it. They can draw a line across the segment at the number they have rated it as.
 - Ask your client to **visualise how successful** (according to their version of success) **they want to be in this Area**. What number out of 10 do they want to strive for in this area? Then what would that look, sound and feel like to achieve?
 - It's important to ask (no matter how low an area might be scored) **what is working well** in that Area already. If it's a 1/10 then something is working, it's not all lost! Focusing on the positive is important and drawing attention to this for your client is useful.

Questions Relating to the Wheel of Life:

Here are some questions to ask your client for each of the completed Areas:

- What's missing from where you are now and where you want to be with this area?
- What would you like to be different here?
- What changes would you like to make?
- How do you see these changes happening?
- What support from others might you need?
- What would it take to make that a score of 10 (or their elected 'success' number)?
- What could be a first step?

Here are some questions to ask your client about their completed Wheel of Life:

- What, if anything, surprises you about your Wheel?
- How do you feel about your life as you look at your Wheel?
- Which of these areas do you want to change the most?
- Looking at your Wheel what is most important for you to make some changes on first?

Note:

- Even if there is a 0/10 for one area still acknowledge your client for their honesty.
- By asking what is working well, we empower our clients to recognise the things that are working out for them. Focusing on what works for our client helps them do more of it.
- You can also ask your client "What would you like to acknowledge yourself for here?"
- When asking your client, a "How would you like it to be" or a "What would a 9/10 look like?" give space and time for vision to develop.
- Visualising a 10/10 might be difficult for your client. If this is not something that a client can do that's OK. There may be situations where a client may not be able to or want to have a 10/10 for many various reasons, such as "if I get to 10 what will there be to look forward to?"
- You can come back to the Wheel of Life in future sessions and check in on progress for each Area.
- When you revisit your client's Wheel of Life with them ask what they would find the most useful area to work on and check in with what that specifically means to them.

Suggested Areas for the Wheel of Life

Here's a list of suggestions that you may wish to include in your Wheel of Life:

- Family / Friends
- Partner / Significant Other / Romance
- Career/ Occupation
- Finances / Security
- Health (emotional / physical / fitness / nutrition / wellbeing)
- Physical Environment / Home
- Fun / Recreation / Leisure
- Personal Growth / Learning / Self-development
- Spiritual wellbeing (not necessarily religion – can be sense of self)
- Service / Leadership / Community.



Wheel of Life

