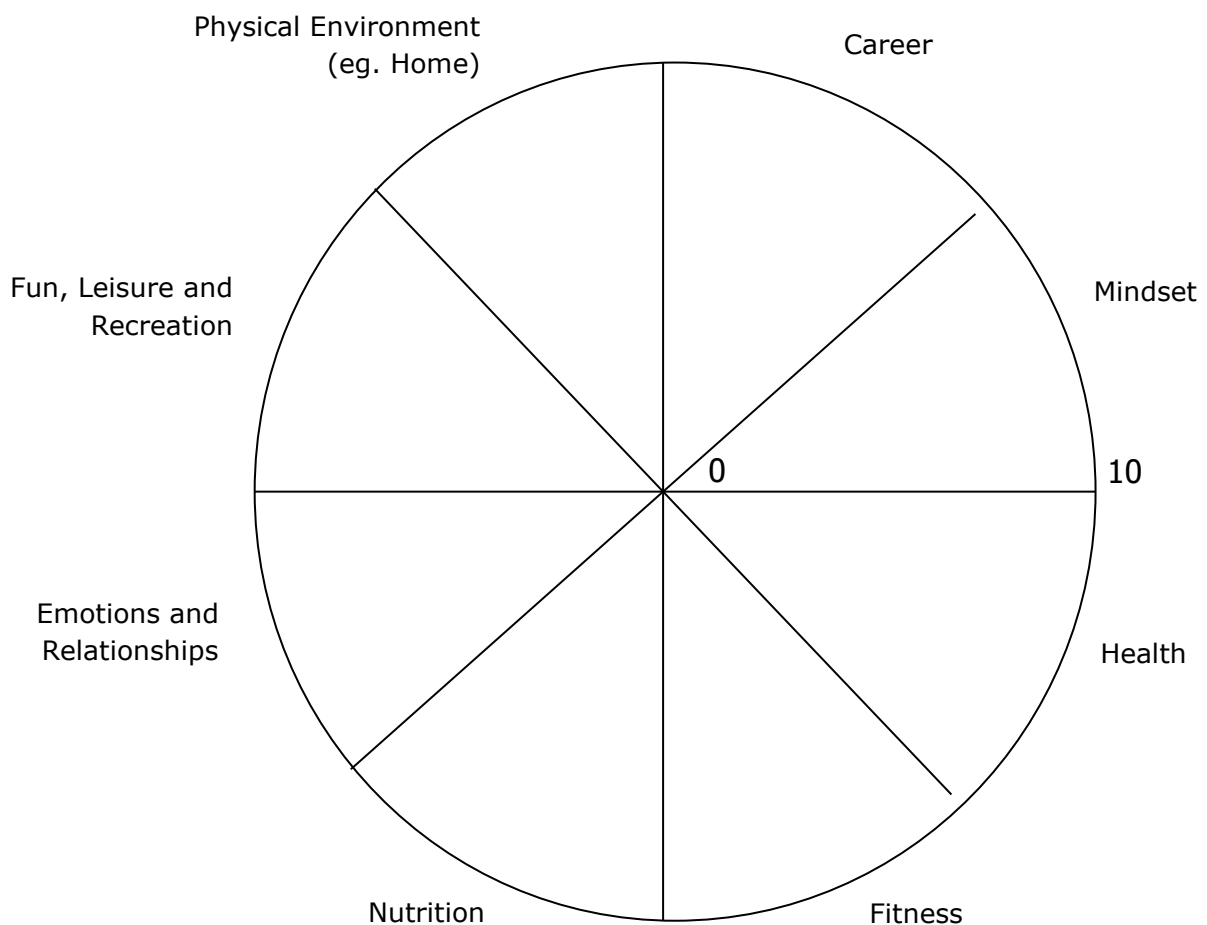


Wheel of Life Exercise

(N.B. This is not the same as the 4Fs Life Design Wheel – but you can get a sneak peek [here](#))



- This exercise will help clarify priorities for goal-setting, so that you can plan your life to be closer to your definition of balance.
- Balance is personal and unique to each individual – what may be balance for some may be stressful or boring for others.
- Balance must be assessed over time. So, a regular check on how balanced we feel can highlight useful patterns and help us learn even more about ourselves.

How to do this exercise:

1. Review the 8 areas on the Wheel of Life. The Wheel must, when put together, create a view of a balanced life for you. If you wish, you can split categories to add in something that is missing for you. You can also re-label an area so that it is more meaningful for you. The sectors here are:

1. Career
2. Mindset
3. Health
4. Fitness
5. Nutrition
6. Emotions and Relationships
7. Fun/Recreation/Leisure
8. Physical Environment (e.g. home)

You could change one to include:

- Personal Growth/Learning/Self-development

Others could be security, service, leadership, integrity, achievement, community.

2. Think about what success feels like to you for each area?
3. Now rank your level of satisfaction with each area of your life by drawing a line across each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied you are currently with these elements in your life.
4. The new perimeter of the circle represents your 'Wheel of Life'.

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