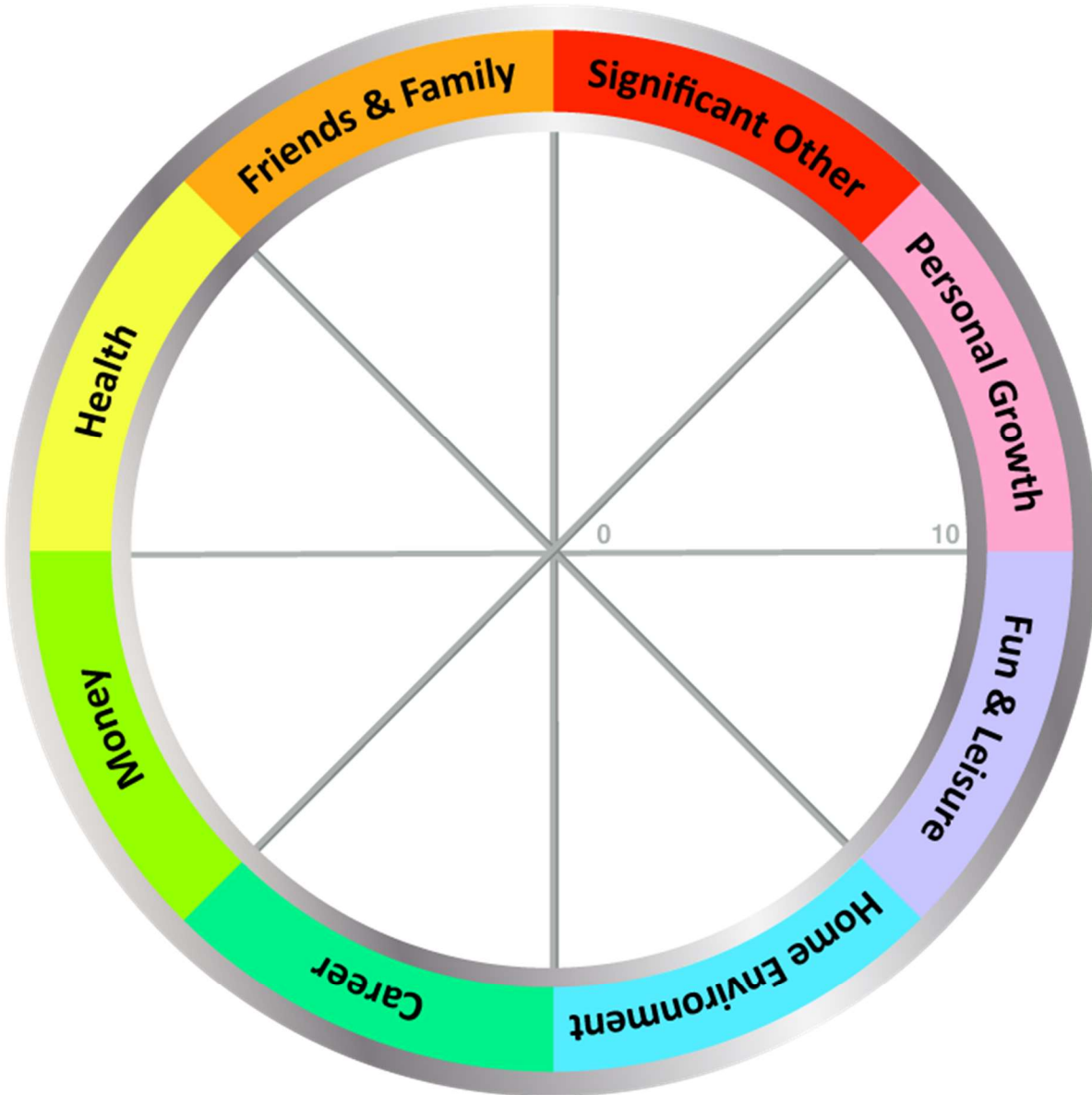




Your Wheel of Life!

YOUR NAME: _____

TODAY'S DATE: _____



COMPLETE THE WHEEL:

- 1. Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- 2. Next, draw a line across each segment that represents your satisfaction score for each area.**
 - Imagine the centre of the wheel is 0 and the outer edge is 10
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- 3. Next, draw a line across each segment that denotes your current state for each area**

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!



Your Wheel of Life!

The Wheel of Life Exercise –

- Reflect on the below mentioned questions for 7 minutes
 - Buddy up with a partner
 - Share your responses with your partner
1. How do you *currently* spend time in these areas? How does the current situation affect you and the meaningful people in your life? Significance and feelings
 2. How would you *like* to spend time in these areas if you had only five more years to live?
 3. If money and time were no constraint what kind of things you would like to spend time on?
 4. What makes you want to get up from bed everyday?
 5. What are some things that you do which make you forget to eat?
 6. What are some things that you are doing currently which no longer excite you?
 7. What are some things which you are doing currently which drain you?
 8. What are some things which you would like to do but have been putting off till now which would add more meaning to your life?
 9. Based on the above questions, which of these categories would you *most* like to improve? (top one). Why is it important for you (Significance and feelings)?
 - What will happen if you make this change
 - What will happen if you don't make this change
 - What won't happen if you make this change
 - What won't happen if you don't make this change
 10. Identify one or two specific goals you want to achieve to make that change?
 - Specific and stated in positive
 - Measurable
 - Achievable
 - Time bound
 11. What is getting in the way for you (external factors and internal factors)?
 12. What help and support do you need and from whom?
 13. What is the first step – list two or three actions that you can do to work on your goals?
 14. Based on this what is the one thing you would like to explore further with your forum?



Your Wheel of Life!

Partner Reflection

(take 3 minutes to fill this up after your listen to your partner and be prepared to share with the forum)

- Powerful emotions I heard (positive or negative)
- The hope/ fears I heard
- Areas of life which are draining
- Areas of Life which are energizing
- Summary of the goal you heard and why it is important to your partner
- What I learned through this conversation (What did you notice, observe or feel through the conversation that may not be part of the presenter's story or perspective, but is very important for you)
- Area of further exploration identified by your partne