

WHEEL OF LIFE

Your thoughts, deeds & actions today, determine EXACTLY how your future will turn out.

Consistent patterns of thought and your daily deeds most certainly create the tangible reality that will become your future. Does it not make sense then, to practice the success habit of consciously focusing your thoughts & performing actions that are in line your Life plan & Vision of the future?

When you design your future by putting down goals and breaking those goals into smaller steps, they will not seem so big, and that gives you fuel to propel you to incredible heights of excellence.

Goal setting must begin with why. If your Why is big enough you will find the How. The Reason for wanting something must be big enough to move you to action.

What is the Wheel of Life?

The wheel of life represents your life as a whole. It will help you to create balance in your life by setting goals to help you live with purpose. It contains ten sections that, together, represent one way of describing a whole life. For example, you might be feeling full of energy, but have difficulty in making real connections with people. You might have financial freedom but be stuck in a relationship that gives no meaning. So, which part of your life have you ignored in order to focus your attention elsewhere? When your life is rich, full and satisfying, the wheel is full to the rim and your ride is balanced. But when you are sick or have disturbed relationship or are not happy in an area of your life, the wheel is not full to the rim in those areas and your life is out of balance.

The Wheel of Life categories include:

1. **Health:** It includes your physical and mental health. Your Diet, sleep, rest, water intake, breathing, trust, relaxation and exercise fall under this category.
2. **Finance:** It includes your income and your ability to manage your money effectively, save, budget, and invest.
3. **Career/ Work/ Studies:** It includes your purpose, success, growth and achievement. Even if you are homemaker will also come under this.
4. **Family:** It includes the quality of your relationships, healthy communication, quality time and support available within your family members.
5. **Social & Friends:** It includes creating satisfying relationship with others. It includes positive, like-minded friends whom you can talk to about anything. Also, your social contribution falls here.
6. **Love & Romance:** If you're in a relationship, this represents your satisfaction with your relationship. If you're single, it represents the amount of love you feel in your life and how vibrantly you're living your life as a single. Just because you're single doesn't mean that you'll automatically get a 0/10; similarly just because you are with someone doesn't mean that you'll get a 10/10. A single can rate him/ herself highly here just as someone in a relationship can rate him/herself lowly here.
7. **Personal Development:** It includes your education, confidence, openness to new experiences and eagerness to learn.
8. **Fun & Recreation:** It includes how much you are enjoying your life, the amount of time you spend on your re-creation; explore your hobbies and interests outside of work.
9. **Environment:** It includes pleasant and stimulating environment that supports your well-being.
10. **Spirituality:** It begins with connecting with God and includes your spiritual connection to both the inner and outer world. If you struggle with any of these contact us on WhatsApp 083 708 2499 and we will reach out to you.

Achieve Your True Balance

The Wheel of Life helps you to have a closer look at each area of your life and helps you to assess the quality level of each area. It will give you a clear picture indicating which areas need more attention than others. It helps you take an “aerial view” of your life, so that you can bring things back into balance.

By getting this view of your life, you can identify which areas of your life are excelling and which areas need improvement

Evaluate Your Wheel of Life

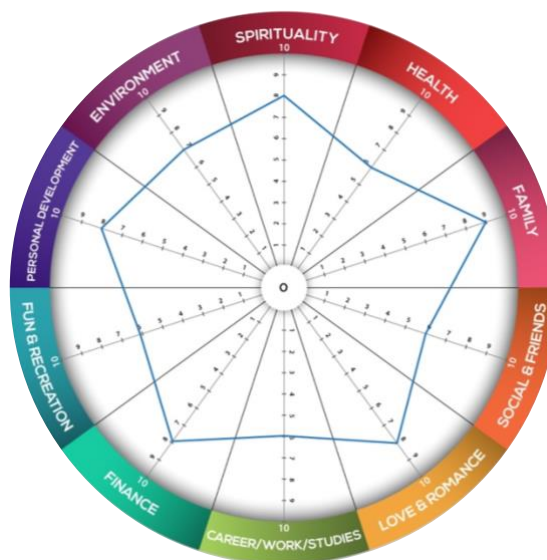
The Wheel of Life is a simple yet powerful tool for visualizing all areas of your life at once. It only takes a minute to complete and it is absolutely free!

Directions: The ten sections in the Wheel of Life represent balance. Consider the center of the wheel as 0 and the outer edge as 10, rate your level of satisfaction in each area of your life in the wheel below. If you felt “**extremely satisfied**”, mark “**10**” on the wheel, if you felt “**so-so**”, mark “**5**” and if you felt “**extremely dissatisfied**” mark “**0**” in the center of the Wheel.

Create your own Wheel of Life

After giving the rating in each area of your life, draw a straight or curved line to create a new outer edge (see example below). The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Is your Wheel of Life balanced? How satisfied are you?

Example



Understanding your Scores

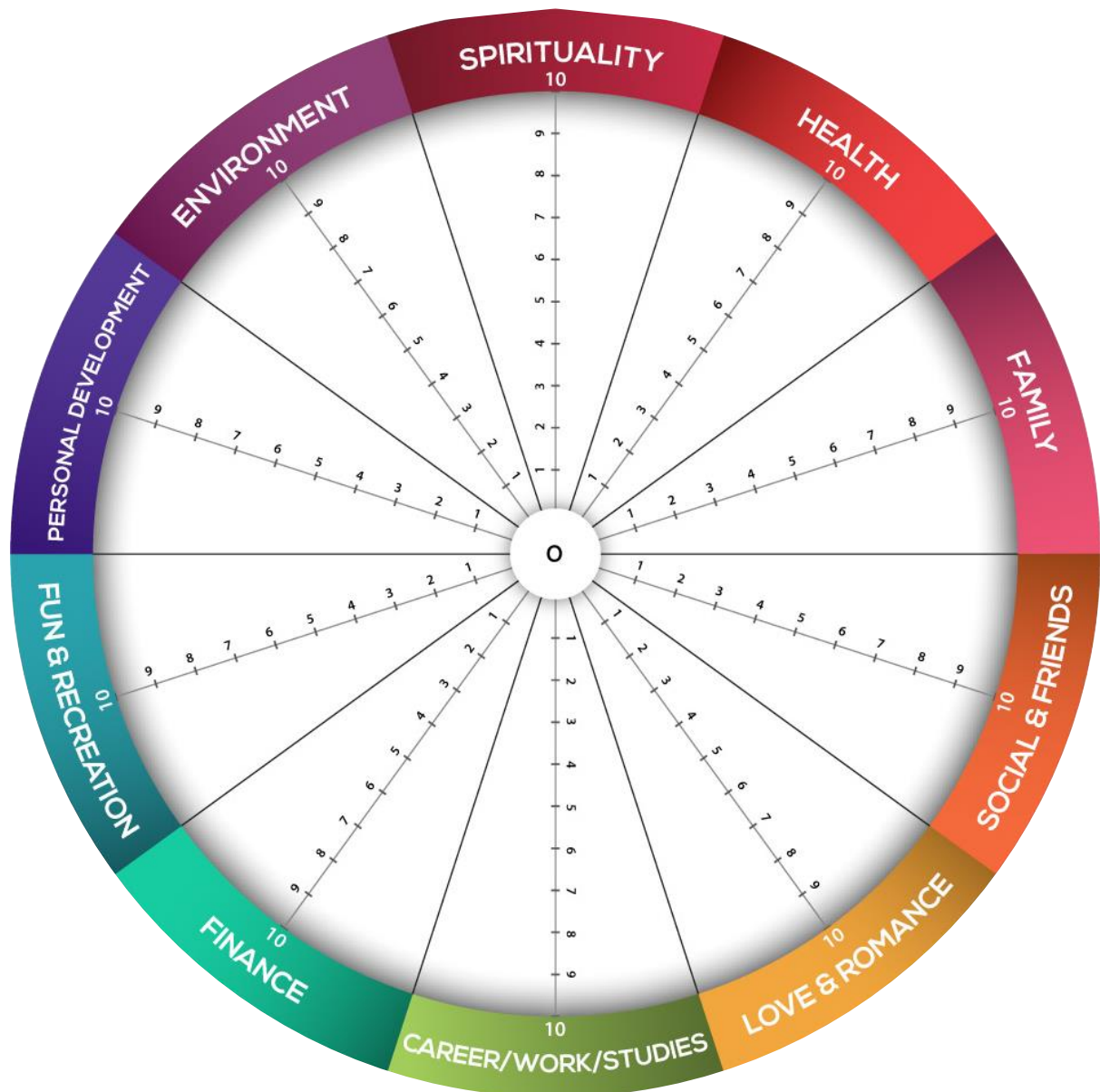
8 – 10: If you have scored 8 – 10 for any of the categories. It means you are very satisfied in this particular area. It is important to ensure that this is maintained, but that improvement in this area is always possible.

5 – 7: If you have scored 5 – 7 for any of the categories, you are reasonably satisfied in that particular area but you can explore opportunities to move further in this category.

0 – 4: If you have scored 0 – 4 for any of the categories, you are not very satisfied in this particular area and you will need to explore ways of enhancing your satisfaction here. This is in fact very exciting because you haven’t explored fully the opportunities that are available to you in this area.

Let your own *Wheel of Life* inspire you to further develop yourself in life by our *Strategic Planning for Goal Achievement* in that particular area.

Print the pages below or draw a similar diagrams in your journal. With a pen/pencil mark where you are now in each category by placing a dot on each scale. Join the dots and imagine how bumpy it would be to ride with such a jagged wheel. The aim is to balance the wheel and make it as smooth as possible. This will also give you a quick overview of what you need to focus on.



LIFE AREAS	MY GOALS	Due Date
Health		
Finance		
Career/ Work/ Studies		
Family		
Social & Friends		
Love & Romance		
Personal Development		
Fun & Recreation		
Environment		
Spirituality		