

# Brighter Skies

*Life Coaching*

## Wheel of Life

The diagram is a circular 'Wheel of Life' tool. It consists of a large circle divided into eight equal segments by four intersecting lines: a vertical line, a horizontal line, and two diagonal lines. Each of these four lines has tick marks along its length, with the number '10' written in blue at the outer edge of the circle. Surrounding the circle are eight empty rectangular boxes, one for each spoke, intended for labeling the aspects of life represented by the spokes.

**Step 1:** The eight spokes of the wheel represent aspects of your life. First decide which aspects are important to you. There are some suggestions below, but you can adapt what's given or choose others.

<b>Physical Environment</b>	<b>Family and Friends</b>	<b>Career</b>
<b>Money</b>	<b>Health &amp; wellbeing</b>	<b>Fun &amp; Recreation</b>
<b>Significant Other</b>	<b>Personal Growth</b>	<b>Spirituality</b>
<b>Retirement</b>	<b>Empowerment</b>	<b>Motivation</b>

**Step 2:** Now it's time to see what your wheel looks like. The centre of the wheel is 0 (not even a little bit satisfied) and the outer edge is 10 (totally satisfied). Give each aspect of your life a mark out of 10, and make a cross or mark on the relevant spoke.

**Step 3:** The next bit is to draw a line across the segment to reflect your score out of 10. If it were the wheel of a bicycle, would you be going along smoothly, would it be a bumpy ride or would you be able to move at all?

**Step 4:** Now you know where you are in each segment, the next step is to work out what your perfect 10 would look like. Write down your thoughts, and then you'll free up some space to think some more.

**Step 5:** The really hard part! Working round the wheel, consider where you can make a difference in one or two areas this week. Not score your perfect 10, but just take a small step towards it. Start the journey towards a balanced and fulfilled life.

[www.brighterskies.co.uk](http://www.brighterskies.co.uk)

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