

# THE WHEEL OF LIFE

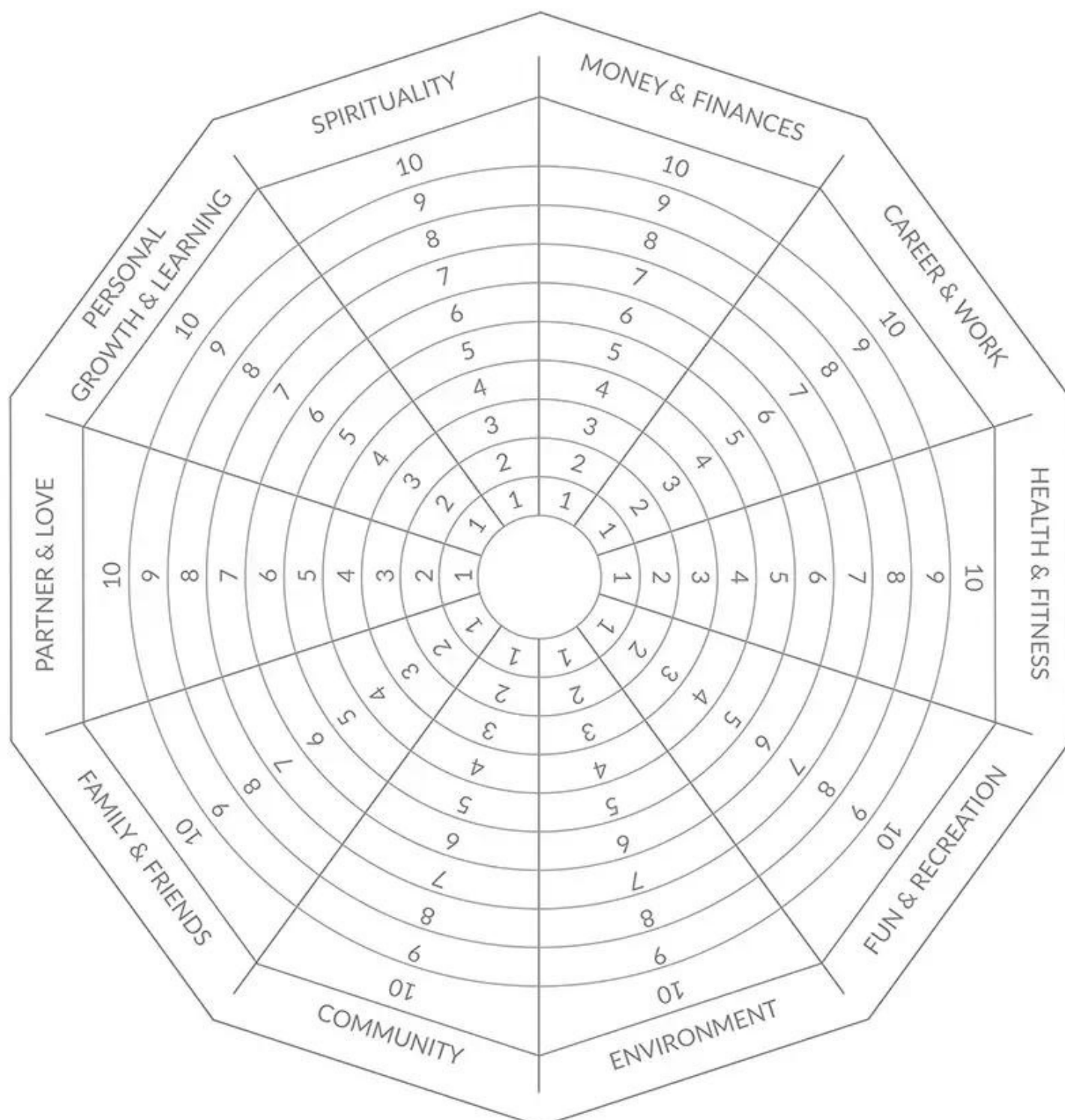
## Part One



### How to use this template?

The Wheel of Life Exercise is a powerful coaching tool used to assess and visualise various areas of your life and determine where you stand in each of them. It helps to identify areas that are thriving and those that may need improvement., allowing you to create goals and take action to achieve greater balance and fulfillment.

Rate each area out of 10 with 0 being the lowest and 10 being the highest.



# The Wheel of Life

## Part Two

Write down some goals in each area which, if achieved would increase your score. It's more effective to write your goals in the present tense with an added date or time.

Career & Work

Money & Finance

Health & Fitness

Fun & Recreation

Environment

Partner & Love

Friends & Family

Community

Personal Growth & Learning

Spirituality

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## Part Two

Write down some goals in each area which, if achieved would increase your score. It's more effective to write your goals in the present tense with an added date or time.

### Career & Work

- I am now certified in ...
- I have been promoted to...
- I set up my own business on ..... doing ....
- I have more work life balance and no longer work after 6pm
- I attended a workshop on..... on (date)

### Health & Fitness

- I am 7 pounds lighter on 1st December.
- I drink a minimum of 6 pints of water per day.
- I go to Zumba every monday at 9.30am.
- I go to Martial Arts every Friday at 7pm.
- I go for a walk every day.
- I do Jillian Michaels 7 minute workouts 3 x weekly.
- I no longer eat bread
- I now choose organic food where possible.

### Environment

- I have a tidy workspace, I organise my desk every workday before leaving my office.
- I recycle as much as I can at home and make a trip to the recycling centre 1 x weekly on a Thursday afternoon
- I have decorated my livingroom and laid new flooring by 31st April 2024
- I have cleared my back garden and built a bin store by 31st May 2024

### Friends & Family

- We have scheduled quality time together as a family every week.
- We have a family meeting with dinner every wednesday night.
- I call my mum and dad every friday night at 6pm
- I have resolved the conflict with my sister.
- I have joined the gym to meet like minded people and make new friendships.

### Personal Growth & Learning

- I will listen to daily podcasts on (chosen topic) during my car journeys.
- I will read 3 books per month.
- I will watch a CPD webinar 1 x weekly on a thursday afternoon.
- I will set clear, achievable goals and review them weekly
- I will remain productive by planning out my day.
- I will journal to reflect on what I have learned.

### Money & Finance

- I now have an emergency fund of .....
- I have repaid all of my debts
- I have opened up a pension
- I have opened up a savings account and save 10% of my income
- I have linked my bank account to a round up savings account.
- I will now retire early at the age of ....

### Fun & Recreation

- I go on holiday 3 x year - in February, May and August
- I have joined a yoga class
- I have planned a health retreat get away with my best friend in June
- I now paint and craft every monday evening with friends
- I go on long nature walks with friends 1 x monthly - exploring new places each time.
- I have signed up to race for life in May and will raise £100 for charity.

### Partner & Love

- I practice open and honest communication with my husband.
- We go on a date night once per week
- We resolve conflicts quickly.
- We play Tennis once per week on a Tuesday afternoon.
- We have a movie night every Saturday night.
- We check in with each other every day over coffee at 11am.

### Community

- I am involved with the local charity Homestart and donate my time of 2-3 hours per week on a Wed morning.
- I do a big spring clean every March and donate my items to a local charity shop.
- I help at a local breastfeeding cafe 10-12pm every thursday

### Spirituality

- I meditate for 10 minutes every morning at 5.10am
- I reflect on my day every evening
- I write down 3 things that I am grateful for every morning at 5.20am
- I don't hold grudges, I forgive and forget.
- I volunteer for Homestart Uk
- I connect with nature by going on nature walks regularly.
- I journal when I am feeling sad