

# THE WHEEL OF ANYTHING TEMPLATE





## 5 STEP

# PROCESS

01

### STEP ONE

IMAGINE THE WHEEL/CIRCLE AS A REPRESENTATION OF YOUR WHOLE LIFE. CONSIDER ALL THE ELEMENTS THAT FORM PART OF YOUR DEAL WORK-LIFE BALANCE.

02

### STEP TWO

RANK EACH AREA OF YOUR LIFE FROM 0 TO 10. WITH 0 = DISSATISFIED, 10 = MOST SATISFIED. PLACE A LINE WHERE THE NUMBER ROUGHLY LANDS.

03

### STEP THREE

CONNECT EACH OF THE LINES UNTIL YOU HAVE A UNIQUE SHAPE IN THE CENTRE OF YOUR CIRCLE

04

### STEP FOUR

TAKE A MOMENT TO REFLECT ON YOUR SHAPE. BE KIND TO YOURSELF AND REMEMBER THAT THERE IS NO RIGHT OR WRONG HERE

05

### STEP FIVE

IDENTIFY WHICH AREAS OF YOUR LIFE YOU WANT TO FOCUS ON AND START CREATING AN ACTION PLAN

## *SELF REFLECTIVE*

# QUESTIONS

- When you look at the shape of the wheel, how do you feel?
- What do you notice?
- What are you learning about yourself in that segment?
- Why does that matter?
- How would you like to change the shape of the inner wheel?
- What surprises you the most?
- What would a score of ten look and feel like?
- Which area would you most like to improve?
- What area would you most like to start with?
- What do you need to improve the score in each area?
- What small steps would have the most significant impact on your satisfaction?
- Why does this area need attention?
- What would it take to increase your satisfaction by one score?
- How balanced do you feel in this area of your life?
- Why did you give this score?
- Is there anything missing from this area of your life that may affect your score?
- Is there anything that might add value to this area of your life and change the score?
- Could one single action improve more than one area?