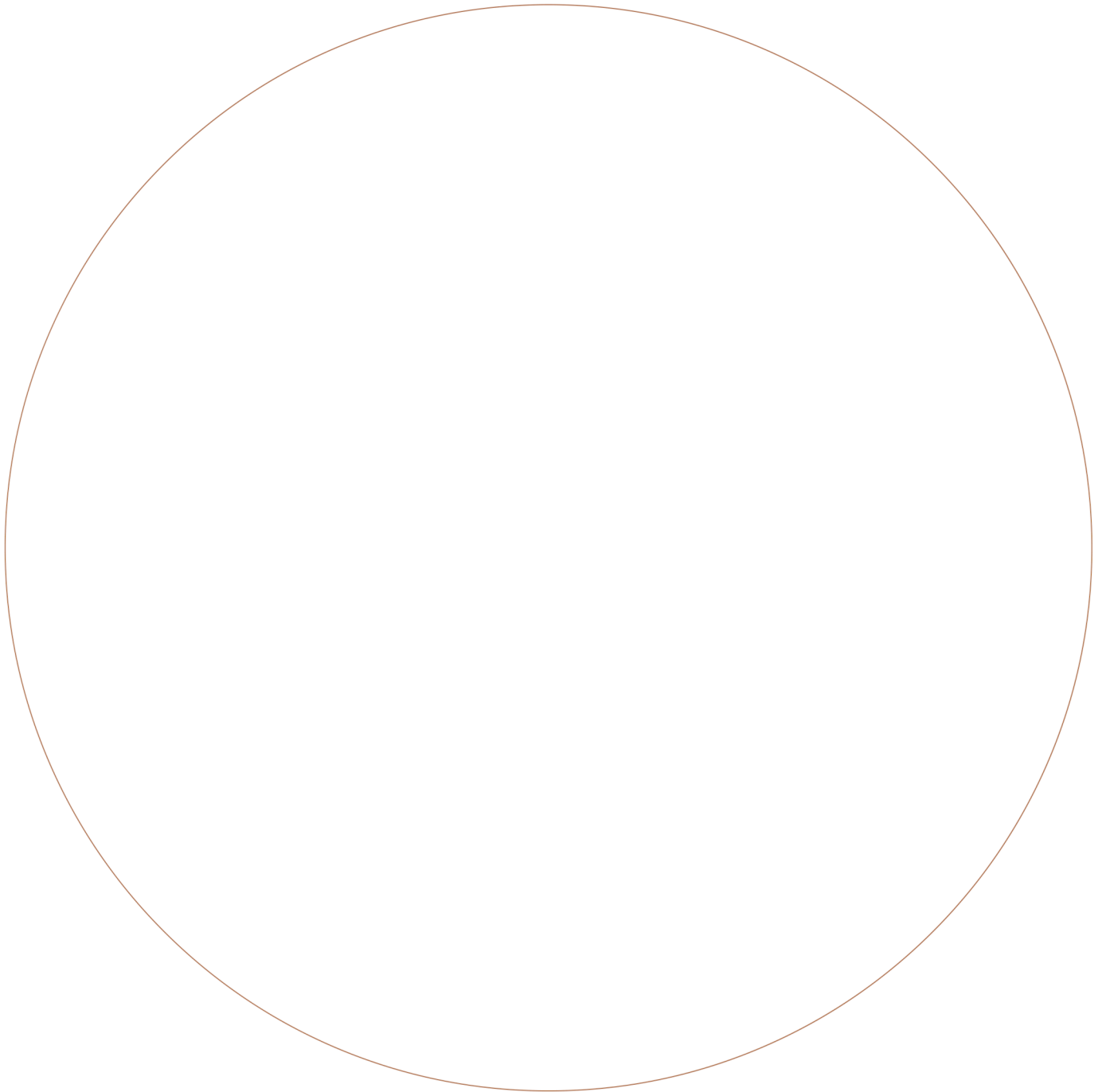


THE WHEEL OF ANYTHING TEMPLATE







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?