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The Life Wheel

This will help you to see where you are currently at in life:

- Get a blank sheet of paper
- Draw a large circle
- Divide the circle into eight segments – where each piece represents an area of your life as it is now.
 - Label each piece as below in the diagram

This Life Wheel is labelled with eight areas of life:



The general categories are:

- **Fun** - happiness, hobbies
- **Relationship** - Current or Future Partner
- **Career** - Job satisfaction, Career path
- **Family** - Children, Parents, Relatives
- **Social** - Friends, Sport, Activities
- **Health** - Exercise, Diet
- **Financial** - Savings, Investments
- **Creative** - Self-space, Spiritual, Sport, Artistic

(add a category if you have a different area you would like to look at)

Assign a number from 1 to 10 along the lines between each category.

Write 1 if you are unsatisfied in this area and up to 10 if you are totally satisfied.

Look at your **scores** and join the dots. You will notice where your life is in a good space and where it isn't. Notice the shape, the up's and downs (when you repeat this exercise after you have worked on your chosen areas see how different that line is.

What are the 2 lowest scores?

What are the 2 areas you would most like to move forward?

Moving **forward** ...

How would you feel if you could significantly move forward in these 2 areas?

- 1.
- 2.

Action

What actions can you take to start moving forward in these areas?

- 1.
- 2.