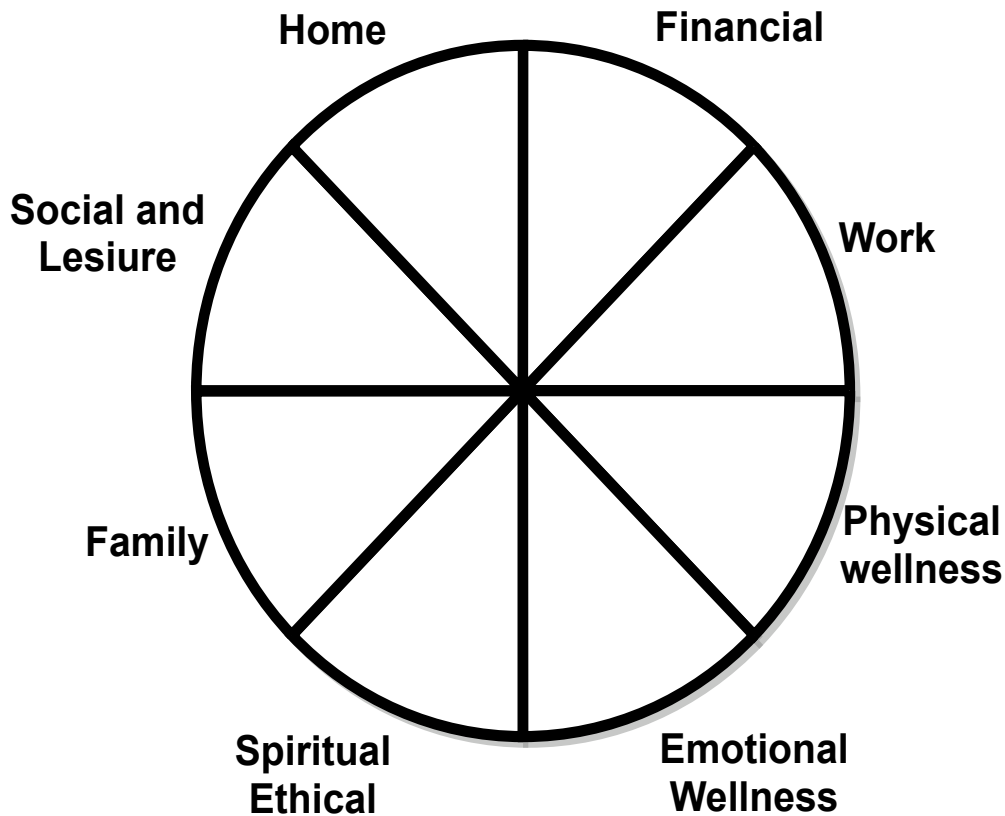




## WHEEL OF LIFE



### INSTRUCTIONS

Life coaching is very holistic and looks at your whole life. The following exercise will help you clarify your current life situation, and will increase your awareness of areas that would benefit from coaching.

1) Rank your level of satisfaction with each area of your life as a number out of 10. There are two ways of doing this exercise.

a) Answer the life style audit by ticking the boxes of statements that are true (or mostly true) for you, and give yourself a score out of 10 for each section.

b) Or you may do this by just going with the number that feels right for you.

2) Once you have a score for each area draw a curved line on the wheel above to create a new outer edge for each section. The centre of the wheel represents the number 0, and the outer edge represents the ideal number 10.

3) Turn to the last page of the life balance audit to get instructions on how to use your results

# LIFESTYLE AUDIT

Fill out the quiz by ticking all the answers that are true or mostly true.

## FINANCIAL

- I feel a sense of control with regards to my finances.
- I know what my in and out goings are.
- I pay my bills, credit cards and taxes on time,
- I use credit responsibly and have a good credit record
- I spend my money wisely, and live within my means.
- I save regularly.
- I am prepared for an emergency and have insurance and an emergency fund.
- I have a financial plan and budget, and I'm sticking to it.
- I enjoy being generous and easily share my money.
- My income allows me to live the life I want.

Score: \_\_\_\_\_ / 10

## WORK

- My skills are fully utilised, appreciated and financially remunerated.
- I am happy and passionate about my work.
- I have inspiring and respectful relationships with the people I work with.
- My work environment is easy and relaxing to be in.
- I always take lunch breaks, and take mental health days when I need them.
- I am organised and focused at work.
- I manage work related stress, and feel energised at the end of most workdays.
- My education level supports me in attaining my career goals.
- My work commitments still allow time for leisure and fun.
- My work is aligned with my values.

Score: \_\_\_\_\_ / 10

## PHYSICAL WELLNESS

- I get regular exercise, and am fit and toned.
- I get adequate sleep and wake refreshed
- I am a healthy weight for my age, height and frame.
- I am free of habits that endanger my health.
- My diet is balanced and I eat fresh, healthy and nutritious food.
- I drink lots of water, and very little coffee, tea, alcohol or sweet drinks.
- I have lots of energy.
- I receive regular health checks and am in good health.
- I rarely get sick or run down.
- I am aware of my physical needs and meet them (e.g. rest, exercise, food)

Score: \_\_\_\_\_ / 10

## EMOTIONAL WELLNESS

- I am living a life I enjoy, and am happy to be me.
- I have a way to relax that eliminates stress, and keeps me feeling centered.
- I feel confident, and know my strengths and talents and how to use them.
- I have a sense of purpose and meaning in my life.
- I have a clear picture of what I want to achieve in the future.
- I know how to keep myself motivated and on track with my goals.
- I know how to prioritise and manage my time.
- I feel calm and in control most of the time.
- Generally I have a positive and optimistic attitude.
- I am kind and encouraging to myself and listen to what I need.

Score: \_\_\_\_\_ / 10

## SPIRITUAL/ ETHICAL

- I nurture my spiritual beliefs, and allow others to do the same.
- My beliefs about life are able to support me during rough times.
- I regularly engage in some activity that connects me to my spiritual source. (E.g. being in nature, church, praying, creativity, dancing, singing, reading inspiring literature)
- I associate with people who are aligned with my spiritual beliefs and values.
- I live my life with integrity according to a clear set of values.
- I treat others the way I want to be treated.
- I contribute to charities and/or volunteer for community work.
- I live with a clear conscience.
- I have made amends with people I have had conflicts with.
- I consciously choose my words and actions, so that I do not harm other people.

Score: \_\_\_\_\_ / 10

## FAMILY

- I have a committed, happy and mutually supportive relationship with my partner.
- I enjoy a satisfying level of intimacy with my partner.
- My family communicate in an open honest and respectful way.
- I regularly spend quality time with each family member.
- My family enjoys spending time together.
- I regularly tell my children and partner that I love them and vice versa.
- I am happy with my relationship with my parents, siblings and in laws.
- My family shares their feelings and problems with me and vice versa.
- My family resolves difficulties and conflicts in a constructive and respectful way, so that we live harmoniously.
- My family has consistent routines around meals, homework and bedtimes.

Score: \_\_\_\_\_ / 10

## **SOCIAL AND LEISURE**

- I have a strong, supportive and varied network of friends.
- I find it easy to relax and enjoy myself in company.
- I host or attend social occasions regularly.
- My needs for meaningful and rewarding social contact are met.
- I connect frequently with the people who are special to me.
- I can ask for support from my friends when I need it.
- I have no relationships that drain my energy.
- I take regular holidays and really unwind.
- I regularly take time to do the things/ hobbies/sports I enjoy.
- I have at least one interest, hobby or activity of my own.

Score: \_\_\_\_\_ / 10

## **HOME**

- My garden and the outside of my home are well maintained.
- My home is tidy, clean and well organised. I can easily find things I am looking for.
- I have regular spring-cleans and let go of objects I no longer need.
- My home is restful haven, that I love coming home to.
- I am proud of my home, and am happy for people to visit me.
- I fill my home with things I love, that lift my spirits (e.g. art, flowers, music)
- My home is well maintained and repairs are attended to.
- I have the time and energy to keep my home the way I like it.
- Everyone I live with does their share of household chores and contributes to keeping our home tidy and organised.
- I can comfortably afford my rent or mortgage.

Score: \_\_\_\_\_ / 10

## HOW TO USE YOUR RESULTS

What does your wheel look like?

*Any life that is not balanced in work, health, social etc is like a misshapen wheel. It will wobble awkwardly and not roll properly.*

How bumpy would your “ride of life” be if this were a real wheel?

How would you like to raise the two lowest scores to create a more balance life?

*We don't always need perfect balance to feel satisfied and fulfilled. E.g. When my children were pre-schooler's my score on work and finances was low. However I was happy, because I was living true to my values, by being a full time Mum.*

Which ones show the biggest gap between where you are now and where you want to be? *The most important indication is how you feel about each area. You may get a low score in an area, because it is simply not important to you. Or you may get a high score in an area, but still feel a niggling sense of dissatisfaction. Sometimes we can appear to have all the trappings of success, or are doing everything “right”, but because we are not living a life that is true to our values, we still feel unfulfilled.*

What would the impact be on your life and feelings if you made changes in these areas?

What is needed to make the scores higher (at least an 8)?

What 3 actions will you take in the next week to help you narrow the gaps?

- 1)
- 2)
- 3)

**These questions are a perfect place to start life coaching with me. Together we can discover what is in the gap between where you are now, and where you would like to be.**