

The Wheel of Life

An exploration of The Wheel of Life is very useful to begin the process of self-review when you want to plan for personal and professional growth (i.e., to enhance wellbeing).

1. If you consider the perimeter of the wheel to be the best you think you could achieve, place a mark (X) at the relevant point on the spoke indicating where you believe you are generally at this time of your life.
2. Join all the marks consecutively, and then examine the **shape** that is formed.
(Is the shape smooth or bumpy? Small or large?)

Consider if it is important *to you* to make some changes to improve your life-balance. Form some goals/plans – be clear, concise, realistic, action-oriented, & specify the timeframe.

