

Mentorship Blossom - Globe-Ed free resource

The Wheel of Life® (Paul J Meyer, founder of Success Motivation® Institute, Inc.)

When you are very busy (and possibly stressed), it is easy to overlook some of the very important aspects of life: this state knocks you out of balance, and balance is what means to lead a quality life. When you are balanced, you can achieve your goals easier, you are more focused on the different aspects of your life and you are more aware of the time and attention you allocate for each area. An appropriate work–life balance enhances your overall wellbeing!

Pause and reflection make a wonderful combination of mindfulness tools, to enable you to take stock of your life and make adjustments or get priorities right. Adding the The Wheel of Life® as a visual tool to help you ‘see’ your wellbeing might open your eyes and empower you to act! You may find yourself at a time when you may have been neglecting your feelings and your priorities and have been just focusing on just one or two things (work and finances usually) that you think are most important.

If we may make a suggestion: complete the wheel, even if you feel and believe that ‘everything is right’ in your life. You may notice a significant change if you have just been through some changes, or you may recognise that some dimensions could do with a little adjustment. It takes 10 minutes, so why not make some time for it anyway?

How does it work?

Each area of life is mapped on a circle, there are 12 areas, as the wheel is divided into 12 equal segments:

- Work and career
- Play, fun and recreation, hobbies
- Health care
- Environment
- Life purpose
- Personal growth/learning, self-esteem
- Spirituality
- Nutrition
- Exercise
- Stress
- Relationships, partners and love
- Money and finances

Step 1

Download and print out the Wheel (or draw one for yourself).

Step 2

Take your time, and think about each of the dimensions of your life. Mark each segment 1-10, 10 being the highest mark, the greatest satisfaction.

Step 3

Once you have given each dimension a mark, draw a link between your points. This will give a shape which will visually demonstrate the state of your wellbeing and life satisfaction.

Step 4

Think about each segment of the wheel after some time of reflection and observation.

- If it needs changing, how would you like to do that?
- Is it at all surprising? Why?
- Which dimension would you like to concentrate on the most?

Step 5

With every change, planning is needed. According to your results, wishes and priorities, draw up a realistic plan to reach your goals and aspirations. Keep the wheel as a dynamic tool to check back in with regularly to see change and improvement.

An important question to ask yourself: 'What small steps would have the most significant impact on your satisfaction?'

Idea:

You can make the segments more specific to a segment of your life.

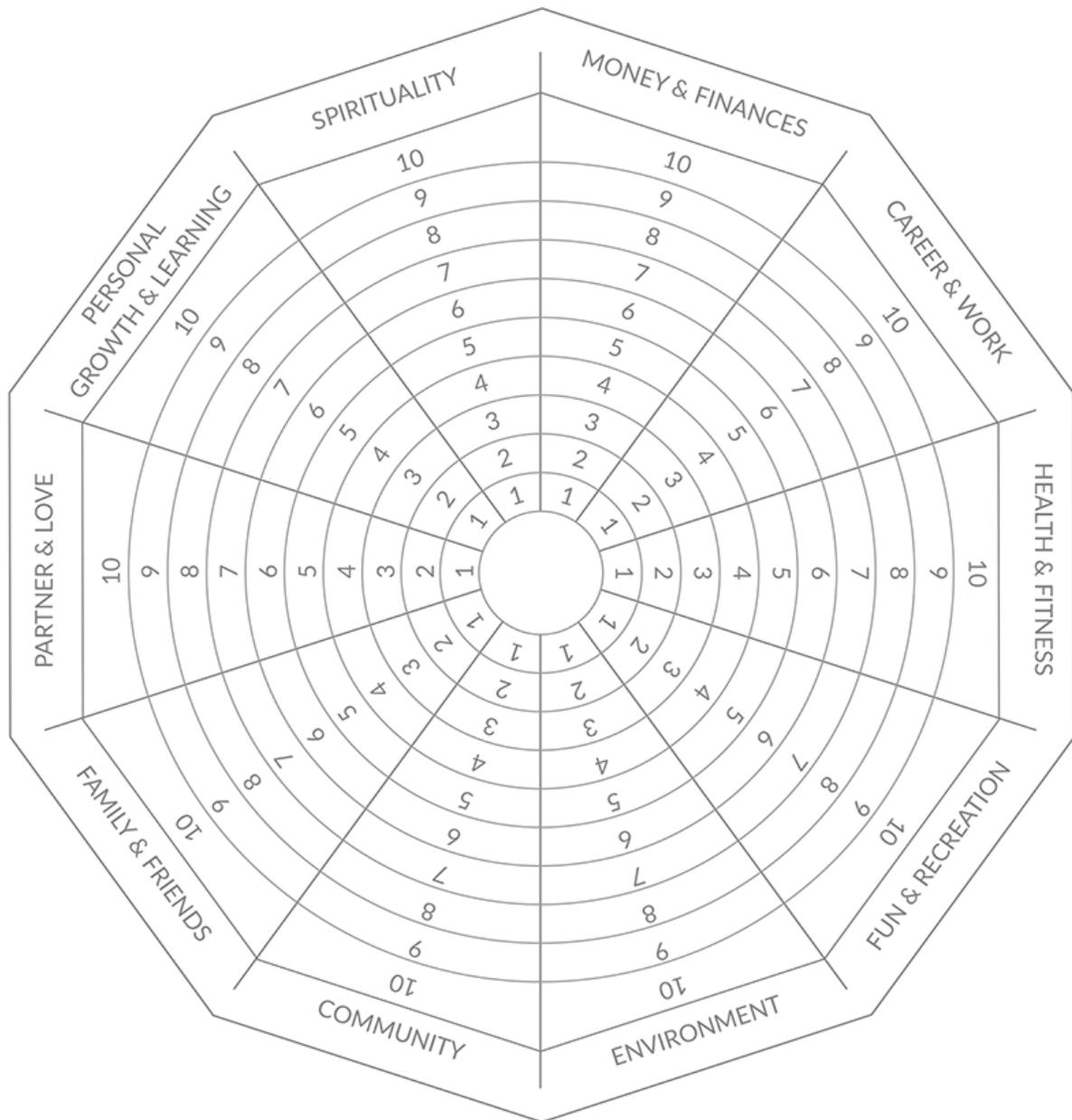
For example, if you gave yourself a low mark in the 'relationship' dimension, make a wheel focused on dimensions and label the segments as 'partner, parent, manager, colleague, team member, sports player, community leader, friend etc. Or, you can make a wheel with segments that are the most important dimensions of your life or something you would like to become better at.

The aim is to see how things currently are from 'above' as you would hover over your life with a helicopter.

We like this simple and very visual type of wheel, it is from Positive Psychology (<https://positivepsychology.com/>)

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