



# THE WHEEL OF LIFE

TEMPLATE



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Thank you for downloading my Wheel of Life template.

The Wheel of Life is a simple but powerful tool, that helps you to visualize all the important areas of your life at once. The wheel is making transparent to you, where you think you are doing well and where you want to improve. It is showing your state of affairs as you see them - giving you the opportunity to reflect on where and why you are doing well, where you have opportunities for growth, and how to move forward.

I use this assessment with my coachees. It can also be used as a self-assessment tool – and this is the purpose of this template.

What I like most about the Wheel of Life is that it is You, who decides, what to focus on. This means, you set the areas for your wheel of life, self-evaluate and work on these. That being said, I know it can be hard to select these focus areas - so this template also provides some examples for you.

It is on purpose that I have made the template for you to fill out in handwriting. There are benefits to writing by hand:

Research from Princeton University found that writing notes by hand improves your ability to remember things long-term.

Dr. Helen Macpherson from Deakin University showed that we encode information differently when we write. Writing causes us to fine-tune our thought process and come up with our own summaries and conclusions.

Dr. Jordan Peterson from University of Toronto has found links between handwriting goals and lists and reaching goals.

That being shared, in coaching, it is up to you to make your decisions, and if you prefer to fill out this template on your computer, you can convert by searching online for 'convert pdf to doc'.



## Full life or one aspect of your life?



Do you want to use this exercise for an overview of your whole life? Or do you want to use it to focus on one area? Below are 2 examples – one for the full life overview, one for focus on one area, in this case career.

What do you want to look at?



Figure 1: Full life

Areas: Spirituality, Money & Finance, Career & Work, Fun & Recreation, Environment, Community, Family & Friends, Partner & Love, Personal Growth, Learning new things



Figure 2: Career

Areas: Personal development, Working environment, Promotion, Coworkers, Management, Work-Life-Balance, Income, Career Opportunities, Benefits, Purpose in work

## Setting your focus

You get to choose your areas for your evaluation. A good number is 8 to 10 areas. Chose everything that is important to you, without judgement on how it is going.

Below is a list for inspiration. Also remember, it is your choice, which areas you want to focus on and can chose an area not listed here. E.g.: I have Travelling as one of my areas.

COMMUNITY	WORK	FINANCIAL WELLBEING	CREATIVITY
SOCIAL	BUSINESS	HEALTH	ENJOYMENT
FAMILY	MOTHERHOOD	WELLBEING	PERSONAL GROWTH
FRIENDS	FATHERHOOD	FITNESS	LEARNING
DATING	PARENTING	HOME ENVIRONMENT	SELF-DEVELOPMENT
RELATIONSHIP	VOLUNTEERING	LEISURE TIME	SPIRITUAL
LIFE PARTNER	FINANCES	SPORTS	ENVIRONMENT
CAREER	MONEY FLOW	RECREATION	COMMUNITY
VOCATION	FINANCIAL SECURITY	PLAY	FAITH
LOVE	SOCIAL LIFE	RECOGNITION	LIFESTYLE
NUTRITION			BUSINESS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **Creating clarity**

Define what each area means for you.

**Area 1:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Area 2:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Area 3:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Area 4:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Area 5:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Area 6:** \_\_\_\_\_

\_\_\_\_\_

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**Area 7:** \_\_\_\_\_

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**Area 8:** \_\_\_\_\_

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**Area 9:** \_\_\_\_\_

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**Area 10:** \_\_\_\_\_

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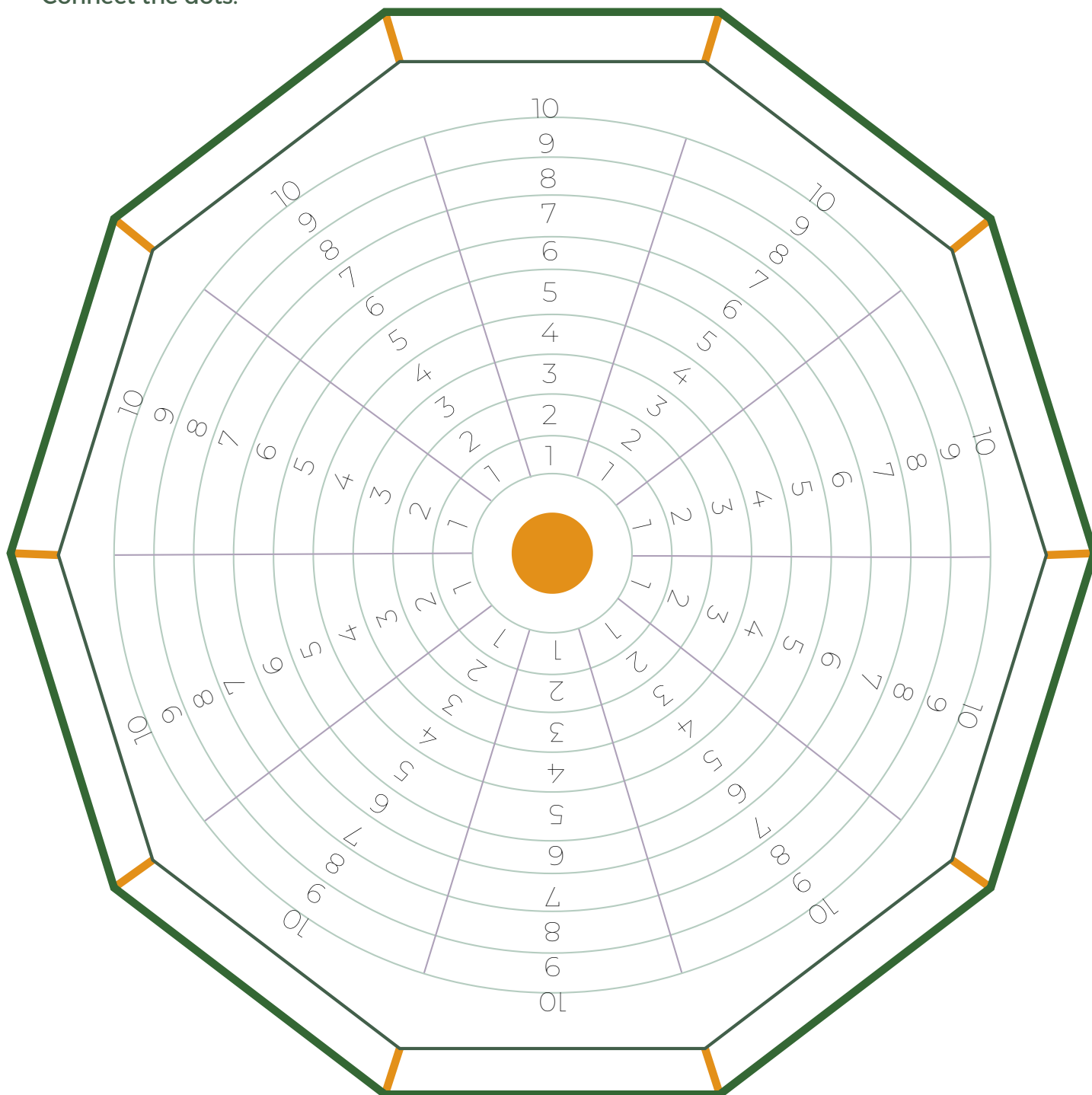


## Your Wheel of Life

Write your areas in your Wheel of Life.

Score each area from 1 to 10, where 10 is "I'm perfectly happy with this part of my life" and 1 is "This is not working at all, I feel lost, stressed and don't know what to do."

Connect the dots.



## Reflection

Reflect on the reasons why an area has a its score.

If it is high: What is good about it?

If it is low: What is bad about it?

Write down your thoughts per area.

**Area 1:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Area 2:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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**Area 3:** \_\_\_\_\_  
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**Area 4:** \_\_\_\_\_  
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**Area 5:** \_\_\_\_\_

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**Area 9:** \_\_\_\_\_

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**Area 10:** \_\_\_\_\_

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## Actions

First, focus on areas with a high score, one by one:

**What actions have you taken to obtain a high score?**

Then, looking at the areas with a low score, one by one:

**What is one thing, that could make the score go up 1 point in this area?**

What action could you take to make this happen?

Perhaps you can find inspiration in your high scores and the actions you have taken there.

**Area 1:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Area 2:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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**Area 3:** \_\_\_\_\_  
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**Area 4:** \_\_\_\_\_  
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**Area 5:** \_\_\_\_\_

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**Area 6:** \_\_\_\_\_

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**Area 7:** \_\_\_\_\_

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**Area 8:** \_\_\_\_\_

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**Area 9:** \_\_\_\_\_

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**Area 10:** \_\_\_\_\_

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**Congratulations!**



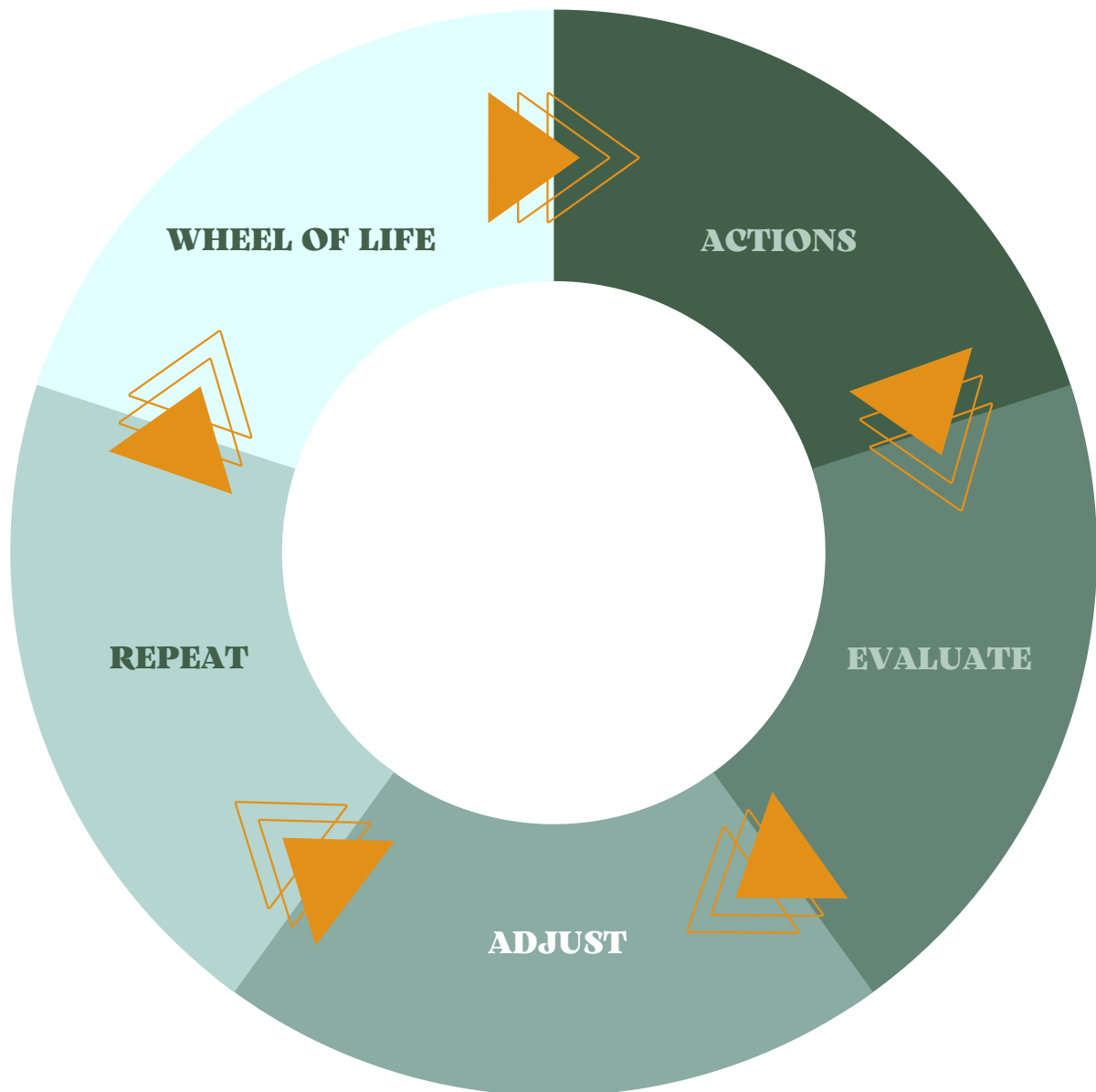
**You have completed your Wheel of Life and defined the actions you will take to move forward!**

Next steps:

Do your actions – Evaluate your scores in 3 months – Adjust your actions – Repeat



**The Wheel of Life is a continuous tool for you to use.**



## Stuck with the template?

Book a free 30-minute guide with me to fill out the template



## Want more?

Book a coaching with me. I will make sure you take your actions to maximum impact!

