



Wheel of Work Life

1. Choose 8 categories that are important to you

Personal growth / learning & development	Fun, leisure, social activities
Community, connections	Team environment
Money & finance	Role and duties
Health & exercise	Family
Friends	Performance & recognition
Work life balance	Other?

Combine some if you prefer eg Family & Friends, add anything missing that is important to you

2. Write your selected categories round the wheel

3. Score how you are currently doing, by placing a dot or X in each segment on a scale from 10 - couldn't be better and 1 - poor.

4. Join the dots and reflect on:

- What has this exercise revealed to you?
- How is the "shape" of your wheel impacting you right now?
- Which areas are below a 6 for you
- How is this influencing you?
- Which areas are a priority for you?
- What would a 10 look like?
- What goals are important to you now?

