

Wheel of Life Exercise



Wheel of Life Exercise - what's it all about?

Often we can feel out of balance and out of control in our lives. As working mums that's probably a pretty frequent feeling,

Sometimes it can be difficult to know what to do to feel more aligned in our lives. This can be because we don't know what's causing this sense of dissatisfaction....other than trying to do too much!

The following exercise is offered as a visual way to assess your life. It's a simple but often powerful tool to look at all areas of your life and see what's happening across the whole picture.

Instructions:

- Take each segment of the wheel on the following page - either use the label offered as a suggestion or change it to something that feels more appropriate (e.g. you might want to change the word 'career' to 'business')
- Rank your current level of satisfaction with each area of your life - 1 being poor and 10 being great
- Mark this score in the appropriate place either with a line or perhaps colouring the appropriate number
- Join the lines on each segment of the wheel to create your own personal Wheel of Life
- Take some time to reflect on what this wheel is representing in your life and what action you might want to take as a result

