



Jacobs



Wheel of life

How to use this resource

[Watch this video](#) before using the wheel of life, to see you how to use this simple tool.

The Wheel of Life is a great exercise and tool for helping to create more balance and success in life. It is often used in coaching and is a great foundation exercise when goal-setting.

Not all of the areas on the wheel are appropriate to your student (eg 'Romance'), so between the 2 of you, come up with some areas which would be most suitable.

Step 1: Share your screen, so both you and your mentee can use it together. Or ask you mentee to draw a circle and divide it into 8 equal segments, as below.

Step 2: Support your mentee to score their satisfaction levels (1 to 10) against each of the different categories you on the wheel. Take time doing this, we recommend 15 minutes or so. Support your mentee to put them self in a place with no distractions and to reflect on their life as a whole. Once all 8 categories have been scored, link them up to create the personal 'wheel'.

Step 3: Take a moment to appreciate their Wheel of Life. What does it look like? Are there any surprises?

Step 4: Some prompt questions to encourage deeper thinking include:

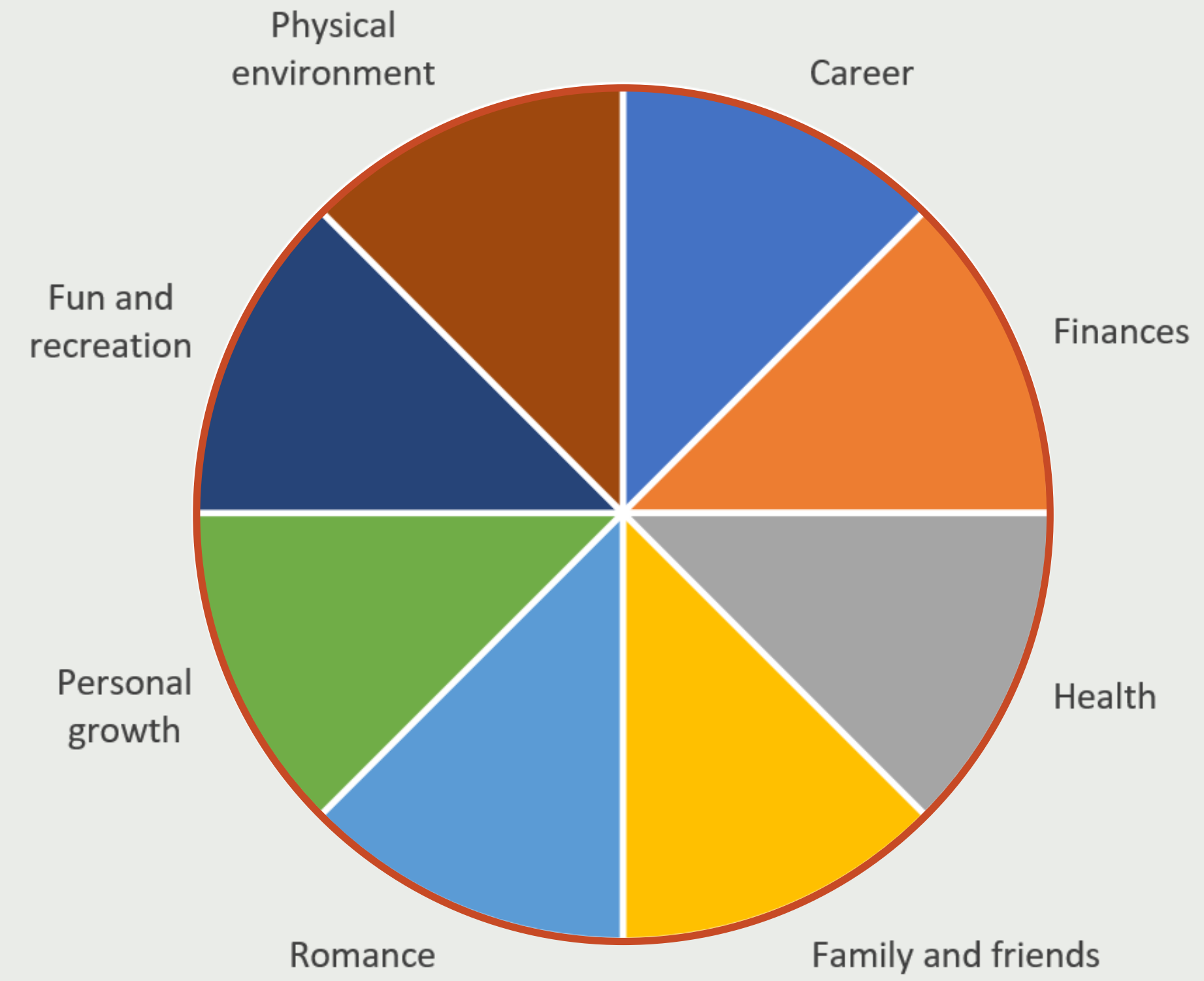
- Why did you score yourself in each category the way you did?
- What is your ideal score for each category to achieve in the next month, 3 months, 6 months, one year?
- Where are your biggest gaps in satisfaction levels?
- Which area of your life do you primarily want to focus on to enhance your satisfaction levels?



Jacobs



Wheel of life - example 1

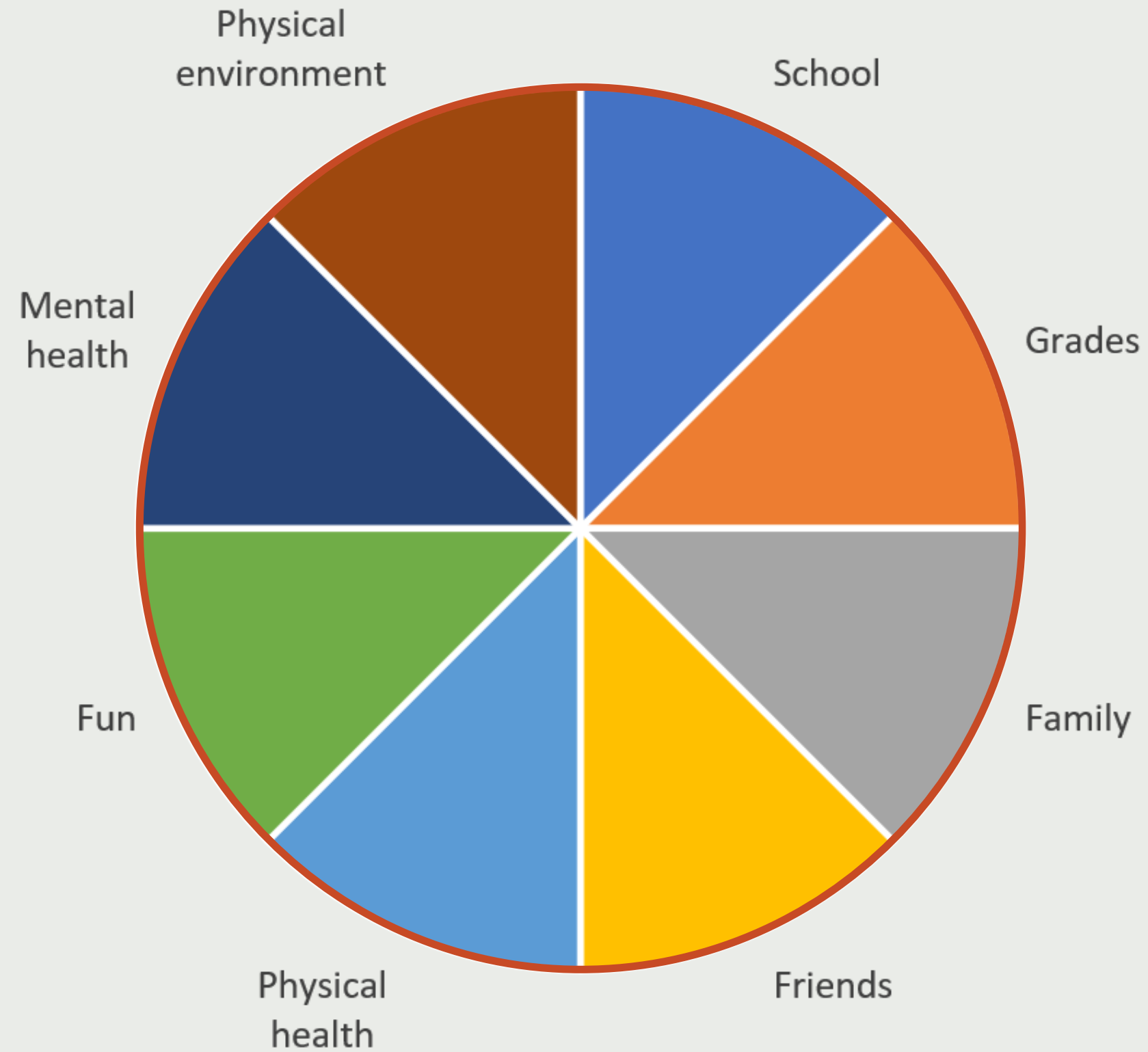




Jacobs



Wheel of life - example 2

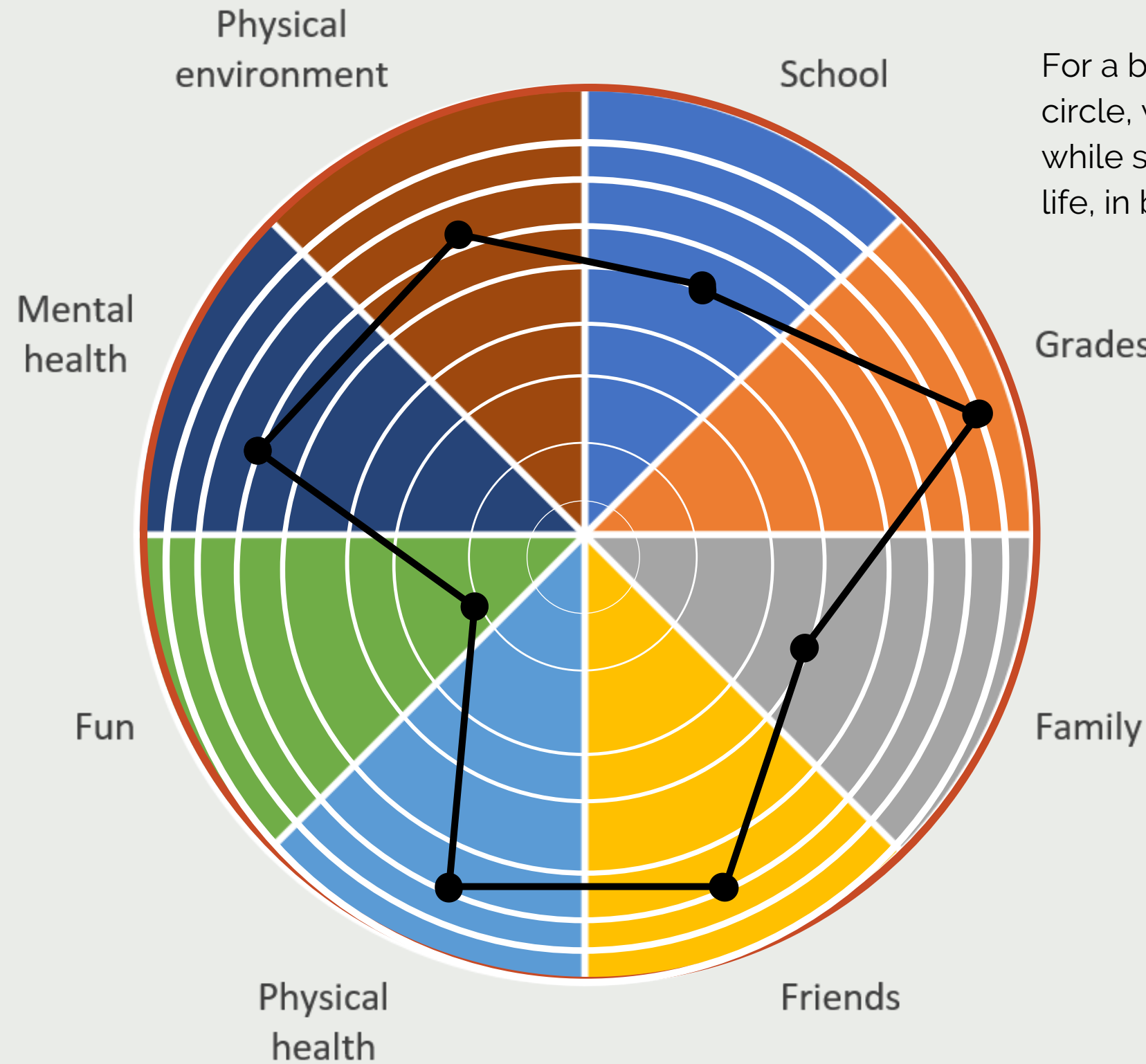




Jacobs



Wheel of life - completed example



For a balanced life, work towards forming a near circle, with all segments as equal as possible, while striving to improve each segment of your life, in balance with the others.