



Personal Effectiveness

Handout I

Wheel of Life

Wheel of Life

The purpose of this exercise is to guide you to an awareness of how time is spent and if you need to balance some areas in your life.

Start by thinking about the 6 to 8 dimensions of your life that are important for you. Different approaches to this are:

- The **roles you play in life** for example: husband/wife, father/mother, manager, colleague, team member, sports player, community leader, or friend.
- **Areas of life that are important to you** for example: artistic expression, career, education, family, friends, financial freedom, pleasure, or community or public service.

Write these dimensions down on the Wheel of Life diagram, one on each spoke of the life wheel. Examples are indicated in the wheel- change if required.

This approach assumes that you will be happy and fulfilled if you can find the right balance of attention for each of these dimensions. And different areas of your life will need different levels of attention at different times. So, the next step is to assess the amount of attention you're currently devoting to each area.

Consider each dimension in turn, and on a scale of 0 (not satisfied) to 10 (highly satisfied), indicate on the spokes of the wheel **HOW SATISFIED YOU ARE WITH THE AMOUNT OF TIME YOU SPEND ON EACH OF THESE ASPECTS** in alignment to:

- Your value system
- Living a responsible life
- Living a fulfilled life

A low score could therefore mean that you either spend too much OR too little time in that area of your life.

Remember not all aspects require a lot of time. The question is: does the amount of time you spend support your values, ensure responsible living and promotes a fulfilled life??

Now join up the marks around the circle. Does your life wheel looked and feel balanced?

