

The Life Wheel

The purpose of this tool is to help you assess where you are right now against, you're the key areas that are important to you in your life.

To complete this assessment first choose up to 6 areas that are key to your success in your life. These might be health, fitness, career, finance, family, relationships, adventure, happiness, community, contribution, personal growth and development and so on.

1. In the spaces in the outer rim of the wheel, write in the areas that are key to success in your life (one in each segment of the wheel)
2. Gather evidence, therefore think of examples to assess and make a judgment of your current score for each competency (think of examples that support your scoring).

It is not enough to say that you're happy in your career – you might be – however what evidence and examples do you have that support this and therefore the score out of 10? Work your way around the wheel

3. Use the support of a friend or coach to provide feedback for each area
4. Using the scoring categories (and appropriate guidance), decide where you feel you are for each area sits on the wheel. Mark this on the wheel for each segment.

You could ask yourself the following questions to help you with your assessment:

What are the key areas of importance in my life?

What examples can I think of where I am which each area on the wheel?

Do these examples demonstrate a low, medium or higher level against each area?

What do other people tell you about how well you do each of these areas? Are these accurate and valuable?

Out of 10, 1 being very low and 10 being that you have a high-level of satisfaction in this area, what are your scores for each area?

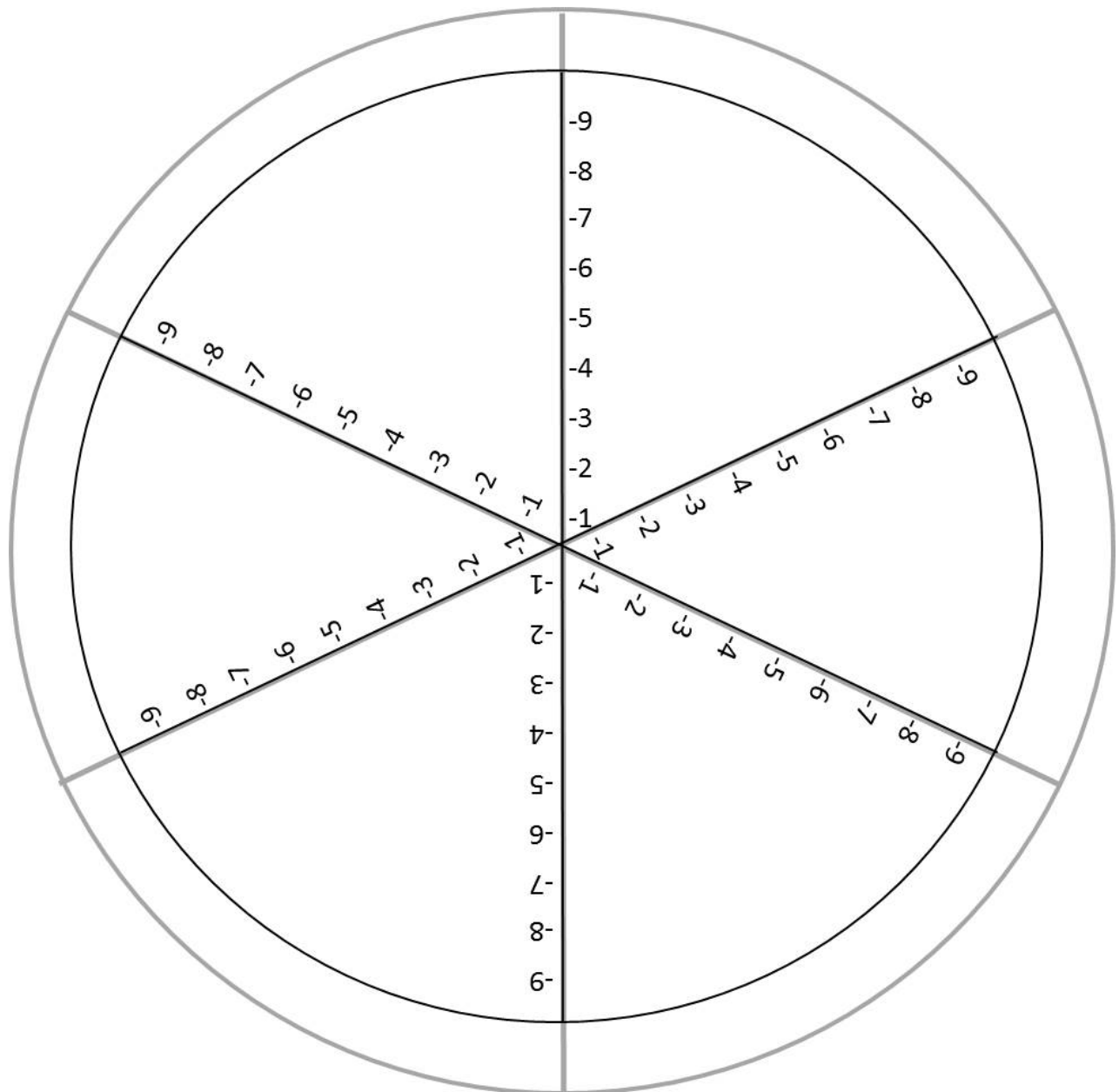
Mark your points on the wheel and then join them up to show you how 'even' the wheel is

For scores below 2 consider that these might need significant development and maybe quite quickly

For scores below 5 consider that these could be areas you are already developing or that also need some development

For scores below 8 you may have a necessary level to be sufficiently happy – however do not ignore these scores, could this be an area you could, with some development, move up to a 9 or 10

The Performance Wheel



Assess your scores	
9-10	Very happy in this area of my life
6-8	This area is at an acceptable level for my life
3-5	This an area that is either developing or requires developing
0-2	Development area that needs to be addressed