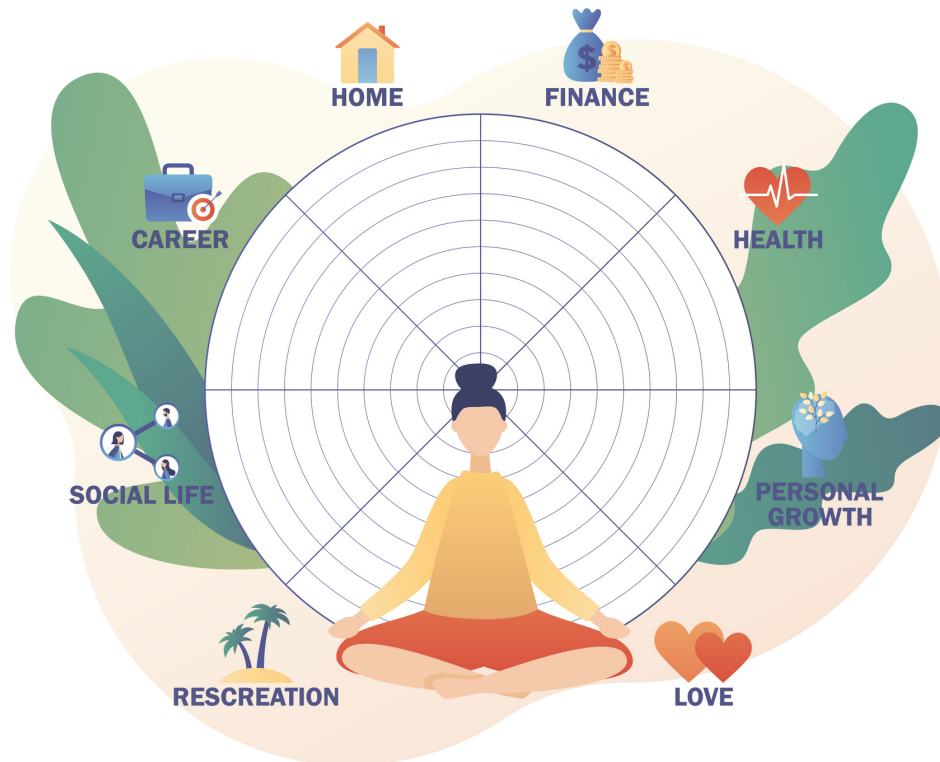


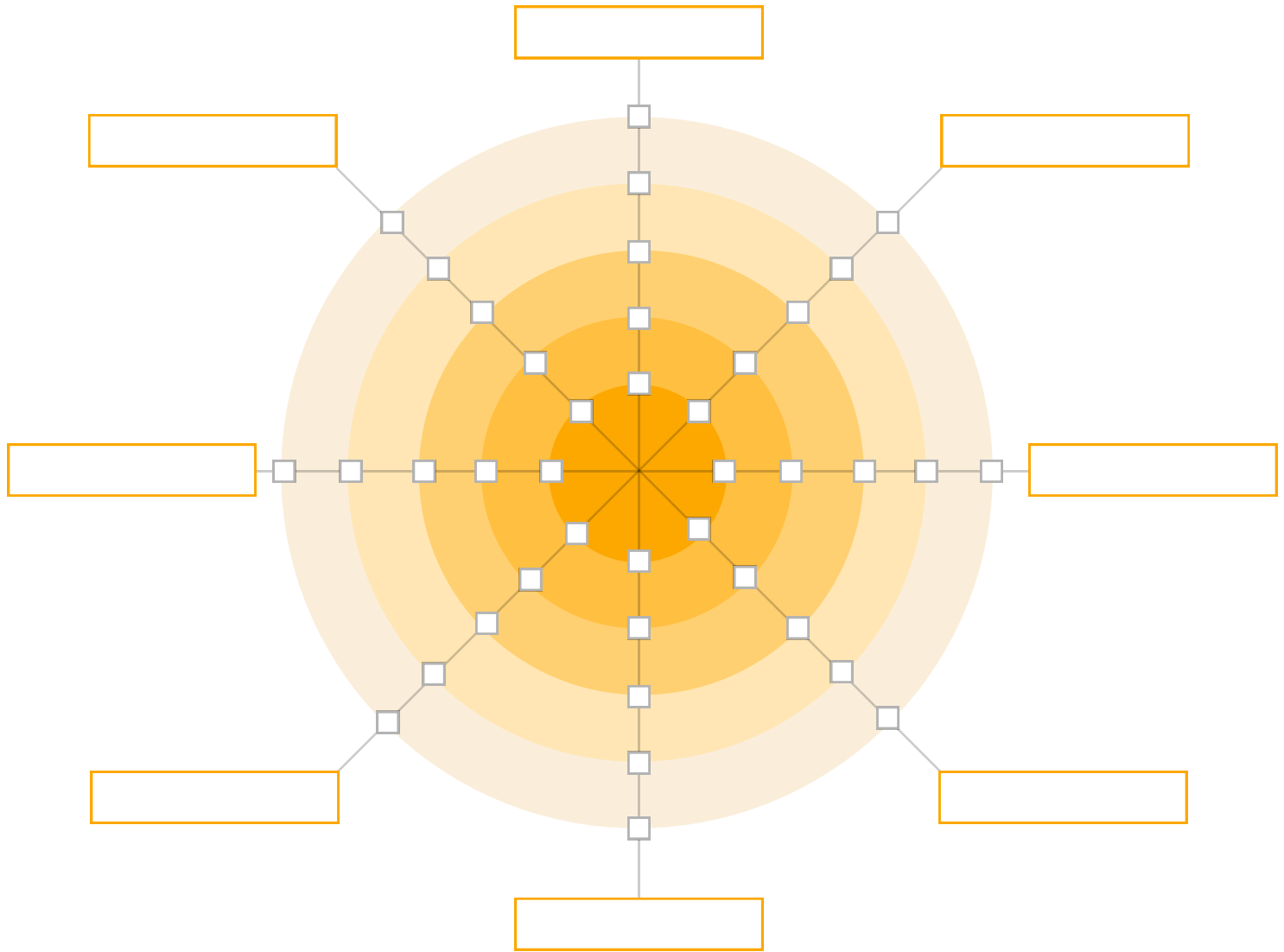
The wheel of life



The Wheel of Life is used to visually chart your present and desired work-life conditions, crafting a compelling image for you to reflect on. It's named the 'Wheel of Life' due to its circular representation, mirroring the spokes of a wheel. This concept was initially created by Paul J. Meyer, the visionary behind Success Motivation® Institute, Inc.

Activity

- 01** On the next page, you'll find a diagram. Think about all the focus areas of your life that are important to you and type them into each box around the circle. (For example, family, work, health, etc.)
- 02** Rate your effort, energy, and attention in each area. The closest to the centre of the circle is low and the farthest is high. Type a "C" for what your current state is, into the appropriate box along that line.
- 03** Reflect on what you would ideally like the rating on each area of your life to be and mark that box with an F for your desirable future state.



Reflection

The secret here is identifying where the misalignments exist. Sometimes they are within our control and other times they are not. Identify the areas you need to focus more on, and the areas you need to perhaps delegate or ask for support in; so you can make time to focus on what matters the most.

Things I will START doing to integrate work/ life	Things I will STOP doing, reprioritise or delegate
<p>For example: I will book lunch time into my calendar.</p>	<p>For example: I will stop checking emails during family time.</p>