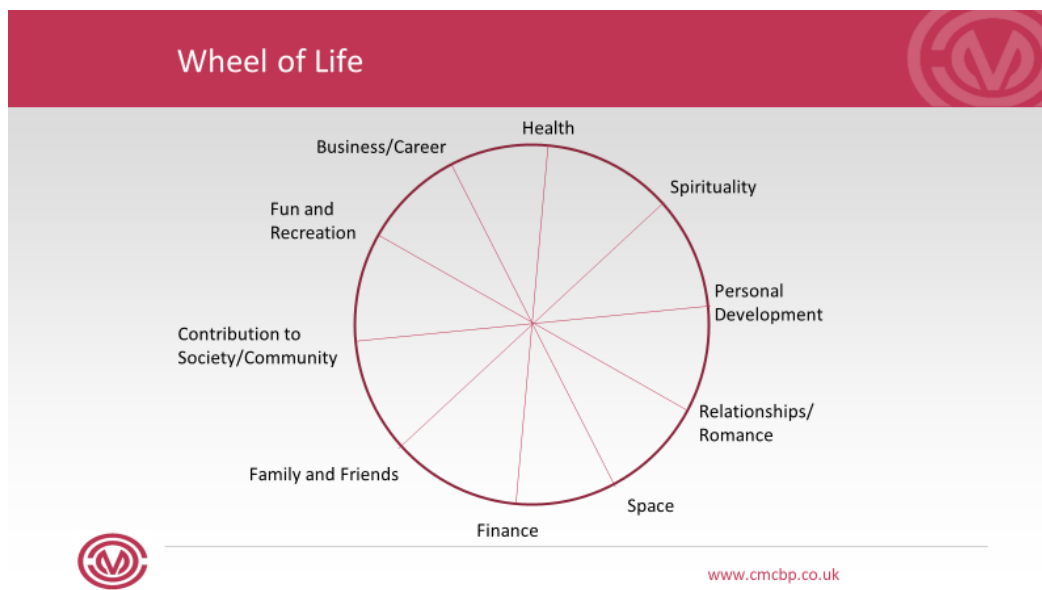




Coaching Card Three – Wheel of Life

Our third coaching card in the series is focused on this Wheel of Life exercise. You can [download and print the cards here](#).



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This is another simple exercise that creates a lovely opportunity for self-coaching, visualizing your successes and future development needed. The cards allow time for reflection as an individual or in a team in your work environment, creating a more balanced picture of any difficulties or achievements. The main aim of this exercise is to provide an overview of your life and consider what is going well and where you might want to focus on where changes should be made.

The cards do not necessarily need to be printed – to simplify the exercise, you could draw out your own wheel of life and even add your own headings for each segment. Or if working in a team, allow for small coaching groups within your team to help support each other.

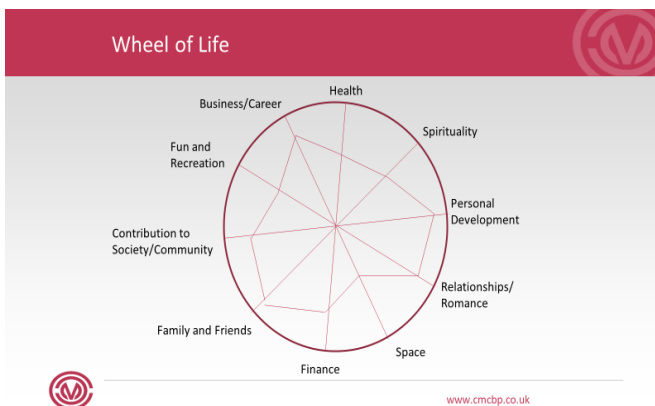
When we are busy with work projects or when we are focused on one challenge in our life then it can cause us to feel unbalanced. This feeling of unbalance can lead to stress or frustration.

Think of your wheel of life like a bicycle wheel and if it is not even, then you will find it difficult to move forward.

The aim of this exercise is to take a wide view of your life and see what feels unbalanced. It will allow you to assess each area of your life in turn and see where might need more attention.

To complete the wheel, you consider each section and see each segment as a rating of 0 – 10 and then rate how you feel for each segment.

Your wheel will look something like this when completed:



You can then reflect on those areas that are rated lower and explore why that is. Use the table below to write down your thoughts.

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Remember that this will keep changing so it is an exercise that you can reflect on and repeat to see what has changed. This process allows you to reflect on the positive changes you have made and gain confidence in how you are progressing.

If you are unsure of what to put as actions, ask yourself 'what would it mean to be a 10/10 in this area?' Think about what it would look like and then think what the first step you can take is.

Some areas may not feel important to you so feel free to omit or change it to something else. Also, your wheel does not necessarily have to be a perfect balance – think about what you want now, and which areas need your attention. This will change throughout our life, and at certain times some areas will need your focus. To have it all perfect might be too much energy, so do not add to your stress in thinking everything has to be perfect. Focus on what you feel needs attention now.

Do note the areas that you do feel satisfied with, it is important to recognise those areas you are happy with and how you have achieved that. This will help with realising what you can do about other areas. Also, reflect on which areas might be getting too much attention and might need some reduction of time and energy.

This exercise is great as a one-off activity but is even better when used as a reflection for ongoing progress and monitoring your life goals.

Use the table below to jot down your initial thoughts and ideas.

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Action Plan

Area	Current reflection	Actions
Health		
Spirituality		
Personal Development		
Relationships/Romance		
Space		
Finance		
Family and Friends		
Contribution to Society		
Fun and Recreation		
Business/Career		

If you have any questions, then please contact us at coaching@cmcbp.co.uk.

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