

How to make your life wheel

Making a life wheel is very easy. It's something you can do every so often as a way of seeing whether you're happy with the shape of your life – and planning and prioritising changes if you're not.

This is how you do it.

1. Get 2 pieces of plain A4 paper. On the first, list the main areas of your life. This might be any number of areas (not usually less than 4 or more than 10). The diagram on p2 shows 8.
2. On the second piece of paper draw a large-ish (see p2 for the sort of size) circle and divide it into a number of parts, one for each main area of life.
3. Label each part with the name of one area of your life (from the list in step 1).
4. Decide on a scale of 1-10 how satisfied you are with each area – 1 being not at all satisfied and 10 being totally satisfied. Mark the segment to show this. (The drawing below gives you a rough idea of where a 3/10 and an 8/10 would be!)
5. When you've done this for each area, take a look at the general pattern of the lines you've just marked. You're aiming at a balance between them all (so don't worry if there are no 9s or 10s). Note any areas that are significantly lower than the others. These could well be priorities for action.
6. Draw another 2 concentric circles outside the original circle (they will be bigger than the first).
7. The first circle you've added is where you should note your ultimate goal in each area. eg "Health/fitness: Feel good and get ill less."
8. The second circle is where you start to get into the detail. For each area, think of 2 actions you can realistically manage to take in the next 48 hours towards your overall goal.
9. Take those actions. You can start with the easy ones if that helps. Or you can start with a hard one for a sense of achievement.
10. Once you've achieved all those actions, set yourself fresh tasks for the next 1-2 weeks. Then keep going.



