

## **THE WHEEL**

### A WHOLE LIFE ASSESSMENT

The Wheel is a simple, yet profound and powerful tool which you can use to get a clear and balanced view of your life (or parts of it). It will help you to focus on the things that truly matter and identify goals and strategies to excel in these. Apply it and coach yourself to success - all you need are ½ to an hour of quiet time, a print out of this worksheet, as well as a pen and paper for notes.

Enjoy the process!

Imagine the Wheel (see next page) as a reflection of your current life. It is split into various sections that refer to different areas in your life. Examples could be job/career, love/partner, family, friends, health, finances, personal growth/learning, spirituality, ...

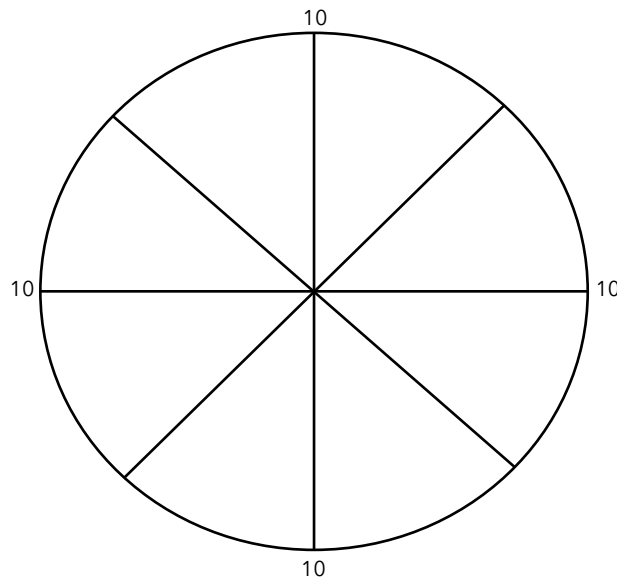
Please select as many sections as you consider appropriate and assign respective headings. Feel free to either use the eight sections mentioned above or to choose your own. If you run out of sections to label, just subdivide any of the sections into two or more.

Next, score each section by asking yourself:

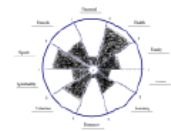
### **How satisfied am I right now in this area of my life?**

Notice that the question asks you about your view, not the perspective of others.

Score each section by assigning a value between 1 and 10 with the best level being at 10. Draw a line across the section and shade the inner part of it (please refer to the example shown on the following page).



An example



As you look at the results of your Wheel review, ask yourself the following questions:

- What do these results mean to me? What do I see in this overview?
- On which area(s) should I focus on more/less?
- What changes would I like to make, and why are these important to me? How would they affect my overall life satisfaction?
- Which goals would I like to set for myself? How can I achieve these (i.e., what is my strategy for success)?

Be curious, enjoy the exploration, and set aside any judgment about yourself. If you don't like the results - see it as an indication to reconsider priorities or re-assess your goals and move closer towards alignment.

### **The Wheel - FAQ**

#### **When and how often should you use the Wheel?**

You can use the Wheel at any point in time either for a momentary check-in or regularly, e.g., once per week, month, quarter, or year to continuously work on improving major areas of your life.

#### **How else can you use the Wheel?**

The Wheel is a super versatile tool that you can apply in many different ways.

**Using a Focus-Wheel:** You may, for example, break down any of your major segments into parts and create another wheel focusing on the sub-segments. A Focus-Wheel for your job/career could, for example, include major tasks and responsibilities or key projects you are working on. A Focus-Wheel for family or friends could consist of an overview of your significant others and the relationships you have with them.

**Using a Vision-Wheel:** You could also ask yourself, 'How would a 10 in each of my segments look like'. Once defined, you could compare this ideal expression of your life with the status quo to derive interesting insights on where to focus on and what goals to set for yourself.

### **Which other tools can you use to elevate your success?**

Try the **GROW Coaching Process** to define meaningful goals and explore actionable and aligned strategies to achieve these. Use the **Daily Questions & Reflections** to stay on track and achieve your goals even faster and in a more aligned way. Check [sabine-renner.com/resources/](http://sabine-renner.com/resources/) for further information and downloadable worksheets.

Enjoy working with these tools that will help you to live and lead with intention and impact and to create the career and life you thrive in.