

Defining your Destination

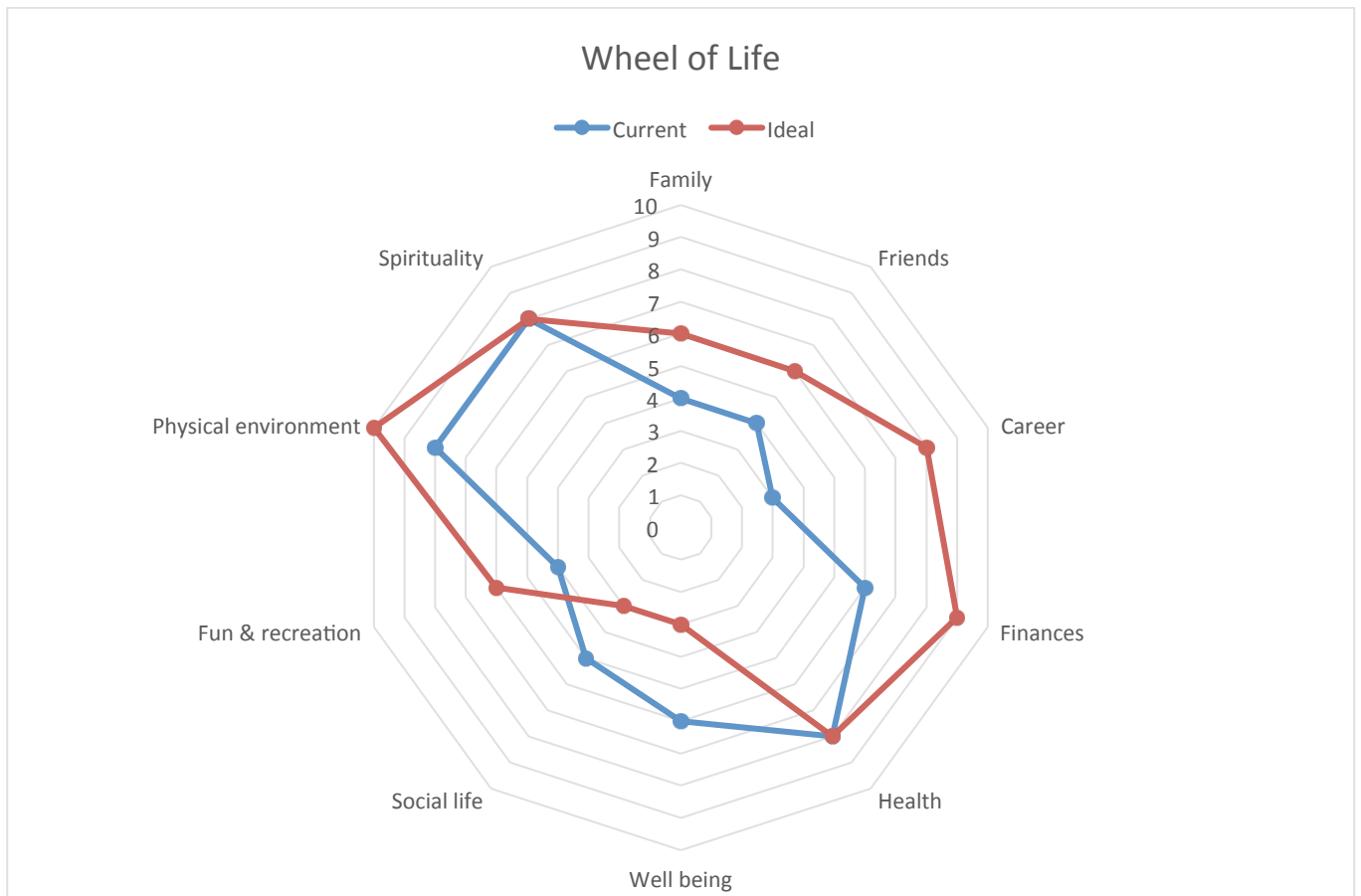
Instructions

Wheel of Life Exercise

This tool enables you to take stock of where you are now in all the important areas of your life and maps that against where you want to be. It works on the basis that you will be happy and fulfilled if you can find the right balance of attention for each of these areas. The overall balance is unique to each individual and different areas of your life will need different levels of attention at different times.

The Wheel of Life helps you to identify the areas you want to work on and is a great way of visualizing your current and desired life. Once you are working on improving your life balance, it's also a useful tool for monitoring your life balance as it changes over time.

Wheel of Life (*areas & values shown here as examples*) Note: a blank wheel is included in the appendix.



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Step 1: Decide on the most important areas of your life – for example - family, friends, career, financial, health, emotional well-being, social life, fun & recreation, physical environment, spiritual life etc

You can identify these areas by looking at the roles you play in life, for example: husband/wife, father/mother, manager, colleague, team member, sports player, community leader, or friend or identifying the areas of life that are important to you, for example: artistic expression, positive attitude, career, education, family, friends, financial freedom, physical challenge, pleasure, or public service or it could be a combination of these.

Step 2: Write these down on the spokes of the wheel

Step 3: Assess the amount of attention you're currently devoting to each area.

Consider each area in turn, and on a scale of 0 (low) – to 10 (high), write down the amount of attention you're devoting to that area of your life and mark on the wheel as a blue dot on the appropriate point of the scale.

Step 4: Now join up the marks around the circle.

Step 5: Consider your ideal level in each area of your life. A balanced life does not mean getting 5 in each life area: some areas need more attention and focus than others at any time - inevitably you will need to make choices and compromises, as your time and energy are not in unlimited supply! What would the ideal level of attention be for you in each life area? Insert the "ideal" scores around your life wheel too.

Step 6: Plan & take action

Now you have a visual representation of your current life balance and your ideal life balance. What are the gaps? These are the areas of your life that need attention.

Note: Gaps can go both ways. There are almost certainly areas that are not getting as much attention as you'd like. However there may also be areas where you're putting in more effort than you'd ideally like. These areas are sapping energy and enthusiasm that may better be directed elsewhere.

Once you have identified the areas that need attention, it's time to plan the actions needed to work on regaining balance. Starting with the neglected areas, what things do you need to start doing to regain balance? In the areas that currently sap your energy and time, what can you stop doing or reprioritize or delegate to someone else?

Using these insights create a list of the top goals that you wish to focus on.

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Appendix 1

