



# Tool

## Wheel of Life

**PURPOSE:** this exercise invites you to review your current satisfaction with different areas of your life as a starting point for determining your direction of travel.

**SOURCE:** this is a widely used coaching tool and a version is included in the Coactive Training Institute Coaching Toolkit; you can [register](#) for free access to their resources including blank copies of their 'wheel' to download.

### HOW TO DO THE EXERCISE:

1. Draw yourself a large circle and then split it into 8 even sections.
2. Label the outer edge of each section with an area of your life you wish to assess; this might include things such as Health, Work/Life Balance, Career, Friendships, Romantic Relationships, Money etc. It's up to you to decide which areas have meaning in your life.
3. For each area award a score out of 10 in terms of how satisfied you feel about that area of your life currently. So if you're really happy it might be an 8 or 9, whereas if you're feeling frustrated you might score a 3.
4. Working outwards, with zero at the centre and 10 on the circumference, plot your score visually on the circle (see example below)

### FURTHER STEPS:

5. This tool can be a useful way to generate insights into what you wish to focus on in coaching, or as a mechanism to check-in with yourself periodically as to how things are going in the areas you care most about.
6. To assist you to develop a plan of action to improve your satisfaction, you might like to follow-up this exercise with the TRACK BACK tool which enables you to focus on up to 2 areas of your life and develop plans for change.
7. If you wanted to use this tool at work, for example with your team, you could agree the areas you wanted to review together (eg internal comms, fairness of workload, clarity of roles, etc) and then undertake scoring individually before sharing those scores with one another. Useful questions to ask one another might include:

What would need to happen for you to score that area higher?

Where do we have similar scores as a team?

Where do we have different scores – what might be the reason for that?

What does this tell us about our strengths?

What do we now know about where we need to improve?