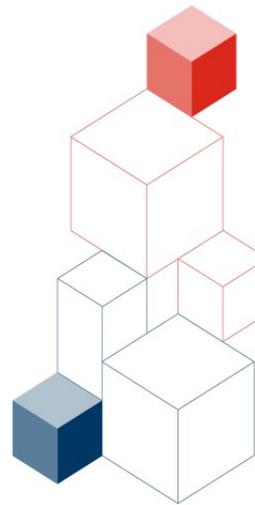
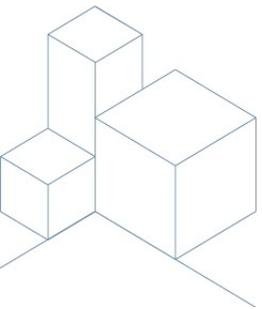


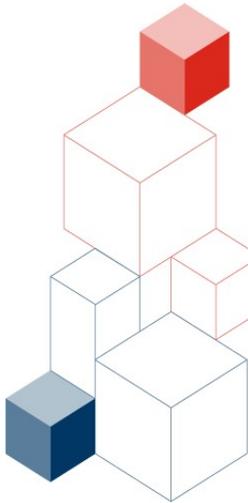
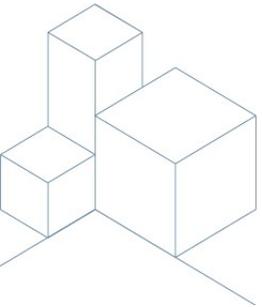
# Balance of life

Skills Champion development session.



# Aims

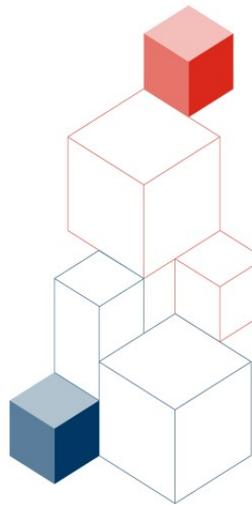
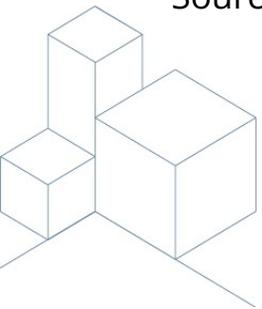
- Introduce the 'Wheel of Life' tool
- Create your own wheel
- Identify areas of strength and development
- Actions to achieve balance



# Introducing the Wheel of Life

- Coaching tool
- Paul J. Meyer in the 1960s to help people realise their goals
- Based on personal satisfaction
- All about achieving transformation.

Source: <https://positivepsychology.com/wheel-of-life-coaching/>

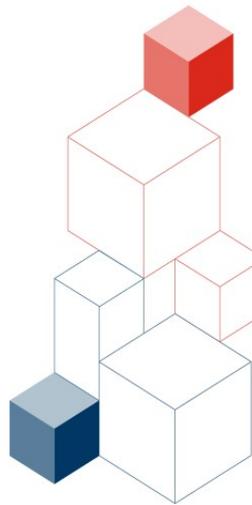
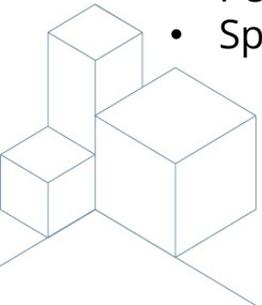


# Wheel of Life

The wheel typically consists of between eight and ten categories essential for a fulfilling life.

Segment names vary, but the themes are usually similar, for example:

- Money & Finances
- Career & Work
- Health & Fitness
- Fun & Recreation
- Environment (home/work)
- Community
- Family & Friends
- Partner & Love
- Personal Growth & Learning
- Spirituality



Source: <https://positivepsychology.com/wheel-of-life-coaching/>

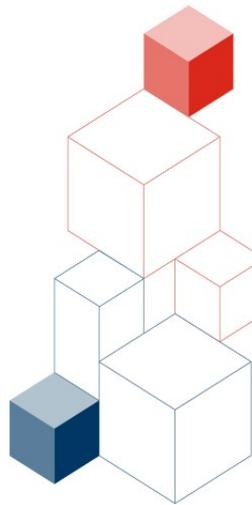
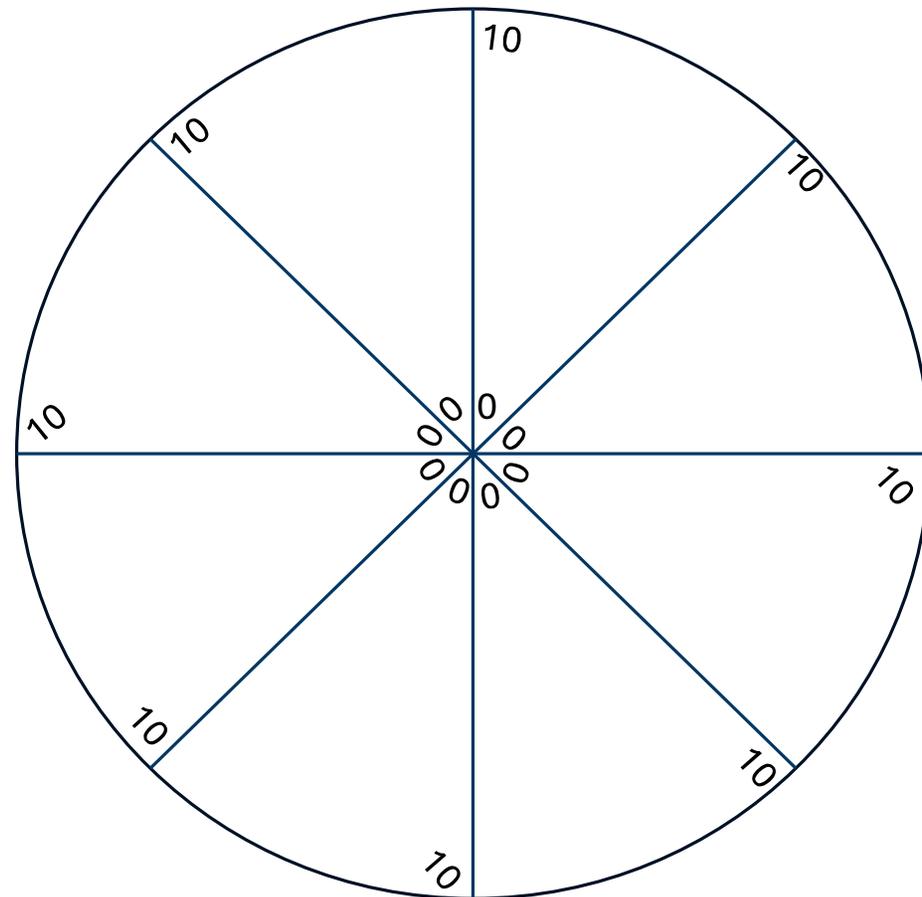
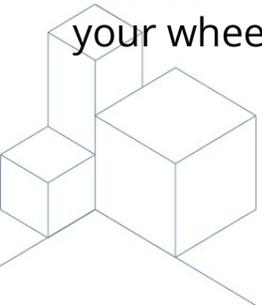
# Wheel of Life

You can use the pie chart method or the spider web method.

Pie chart method: Assign an area of your life to each segment and colour it in with your rating, using the lines as a scale.

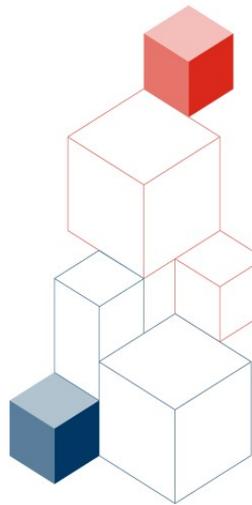
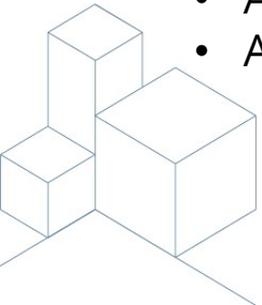
Spider web method: Assign an area of your life to each line and plot an 'x' on your rating using the line as a scale. Draw a line connecting each x.

Observe how balanced or round your wheel is.



# Choose your areas

- Finances
- Career
- Work
- Health
- Fitness
- Fun
- Rest
- Hobbies (e.g. reading, drawing, sports)
- Family & Friends
- Development/ learning
- Spirituality
- Travel
- Adventure...
- ANY!

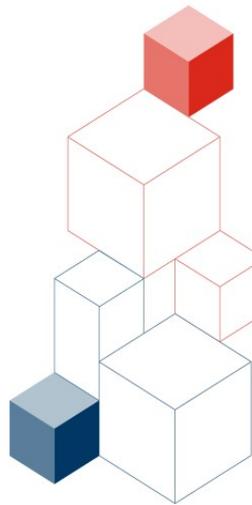
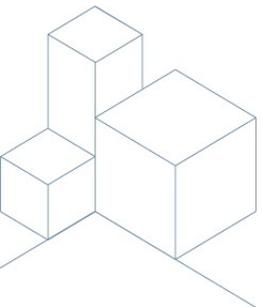


Source: <https://positivepsychology.com/wheel-of-life-coaching/>

# Complete your wheel

Take 3 minutes now to rate each area with how satisfied you are with it.

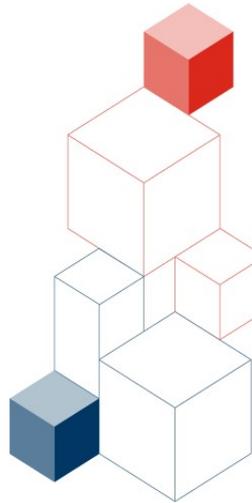
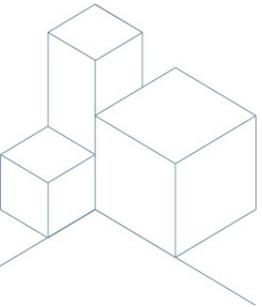
0 is low and 10 is high.



Source: <https://positivepsychology.com/wheel-of-life-coaching/>

# Reflect

- What are your strongest areas? Why are you satisfied with them?
- What are the lowest? Why are you not so satisfied here?



Source: <https://positivepsychology.com/wheel-of-life-coaching/>

# Reflecting on your wheel – 5 minutes

Satisfied:

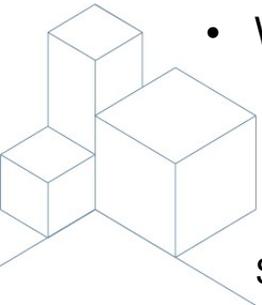
Look at your highly rated areas.

- What is going well?
- What are you most happy with and why?

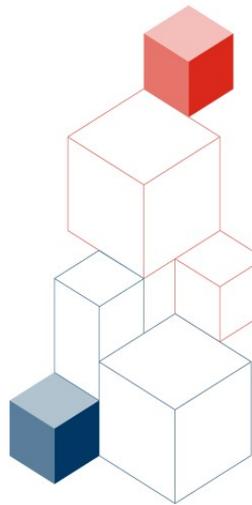
Dissatisfied:

Look at your lower areas

- What's missing?
- What would a 10 look like?
- What's one small thing would help this to improve?

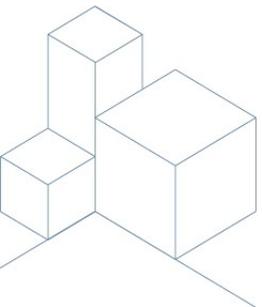


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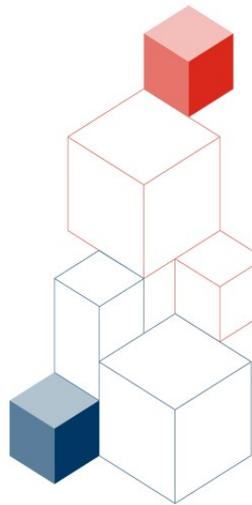


# Pick your priorities

Build two SMART goals that will help to improve one of your scores in an area.



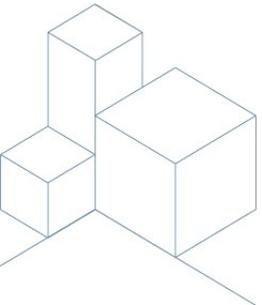
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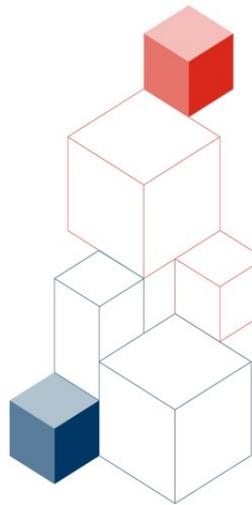
# Final reflection:

Thinking about your priorities and goals:

- Why is this important to you to improve?
- What impact will achieving this goal have?



Source: <https://positivepsychology.com/wheel-of-life-coaching/>



**Thank you!**

**Continue to reflect and review your wheel  
according to your goals.**

