The Wheel of life

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The Wheel of Life

The Wheel below represents major life domains. This tool aims to help you to identify the life domains that you would like to improve, to define your goals and to sketch an action plan to achieve them.

Step 1 : Identify and evaluate your life domains.

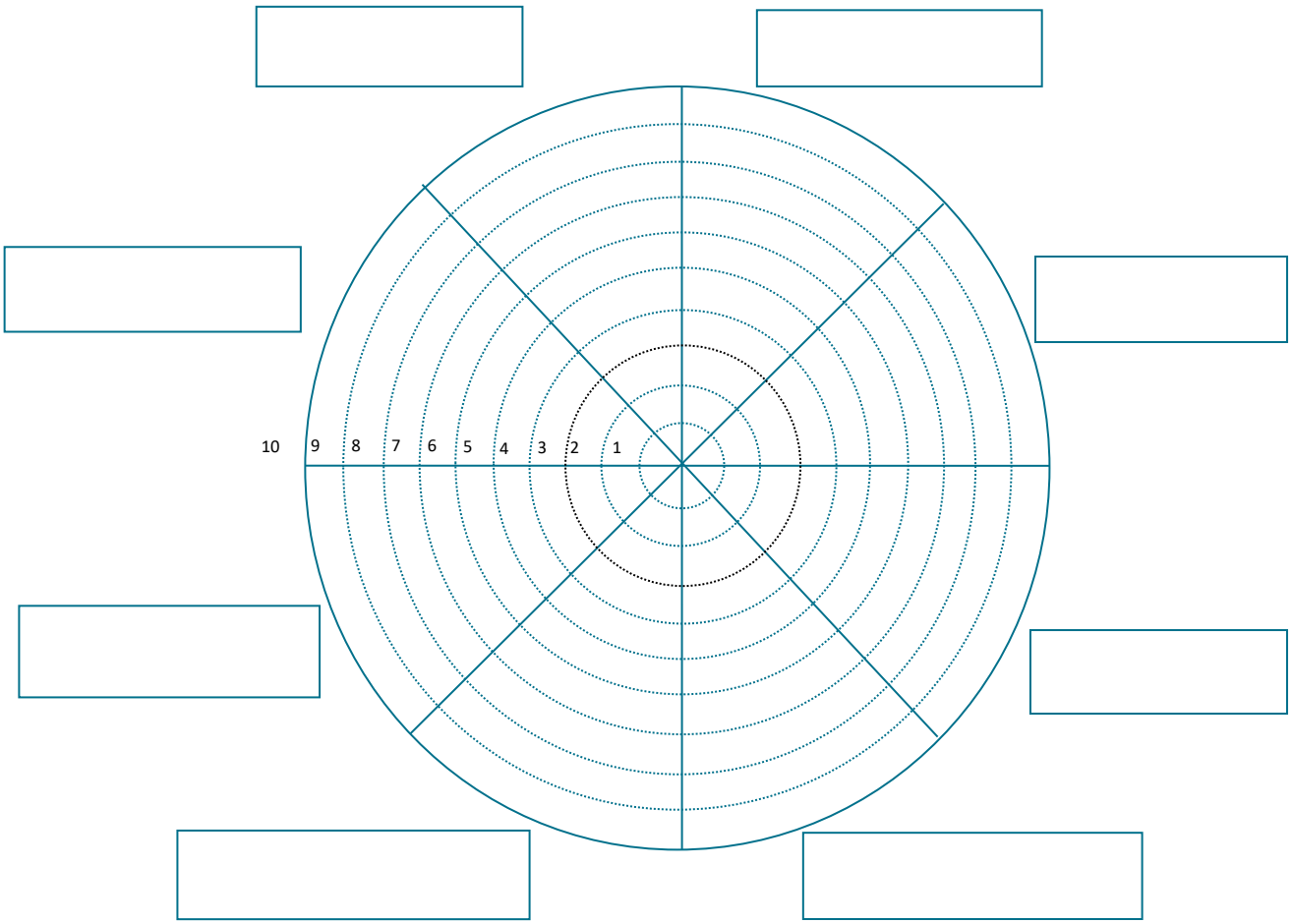
Step 2 : Analyse your Wheel.

Step 3 : Take action.

STEP 1 : Identify and evaluate your life domains

1. Identify the eight most important life domains in your life at the moment and write them down in the boxes around the Wheel (in need of inspiration? You will find some ideas on page 2).

2. For each domain, what is your level of satisfaction today, on a scale from 0 to 10 ? Colour the space corresponding to your score for each domain.



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Examples of life domains:

General domains :

- Health (or health and wellbeing)
- Leisure
- Personal development
- Intimate relationship / life as a couple
- Friends and family (or split up into two different domains)
- Physical environment (house, location…)
- Material life/money
- Work / main activity
- Community (social environment, engagement in local associations and charities…)
- Environment (planet)

Other possible domains :

- Effective accomplishments (having done this, achieved that…)
- Behaviour change
- Time management (work-life balance, productivity, time for oneself…)
- Professional relationships
- Creativity
- Personal interests (reading, listening…)
- Training and learning
- Challenges (challenging oneself, raising to challenges)
- Contributing to social and world change
- Spirituality (religion, healing)
- Environmental footprint
- Responsible consumption
- *Other key domains in your life*

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STEP 2 : Analyse your Wheel

1. What does the shape of your wheel tell you about your life today?

2. Does it surprise you ?

3. What do you feel when looking at your wheel?

4. How much quality time do you spend on each domain?

5. What characteristics each of the 8 domains should have for you to score them 10/10.

6. What are the 3 priority domains that you want to improve? Why?

STEP 3 : Take action

7. For each of these 3 domains, what level of satisfaction would you want to reach on a scale from 0 to 10? Colour the space corresponding to your score for each domain (use a different colour from the one in Step 1).

8. For each of these domains, what goal would you want to achieve in the next 3 months?

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9. Are your 3 goals feasible and realistic in your situation, context and environment? Should they be amended to better reflect these?

10. For each goal, how will you know that you have succeeded?

11. How will you feel when each of these goals will have been achieved? What will you think? How will your body feel?

12. What actions do you have to take to reach each goal?

13. What or who could help you to implement your actions and achieve your goals?

14. For each goal, what action will you take first ? When?

15. What might prevent you from implementing your action steps? (internal and external barriers)

16. How could you overcome these barriers?

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Working with Laetitia

Has this tool been useful to you?

Would you like to go further in its implementation?

Would you like to adapt this tool to professional domains only ?

Would you want to implement the changes that you have identified?

Would you like to discover more professional and personal development tools to help you reach your goals?

For more information on coaching and the coaching services I provide, visit **www.laetitia.coach**.

To book a free-of-charge initial discovery session, I invite you to fill in the form accessible at :

https://laetitia.coach/book-a-free-initial-session/

Dare to get started!

I look forward to working with you.

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