



Wheel of Life

A Self-help Tool

Introduction

The art of living well is keeping a good balance between the different parts of our life. But how do we do that when things are busy and we're pulled in so many different directions?

This is where the 'Wheel of Life' comes in. This popular coaching tool is a great way to review where you are with your life, reflect on your priorities and identify areas you want to change.

It is based on psychological theories which argue that we all have basic human needs for things like relationships, being in control and finding a meaning in our lives. According to these theories, meeting these needs leads to wellbeing and contentment (Sutton, 2020).

This tool is designed to...

- Help you to look at the different parts of your life holistically.
- Help you decide how you feel about your current situation.
- Help you identify life goals and priorities for change.

Consider using this tool if you...

- Want to give yourself a lifestyle 'health check-up'.
- Feel that some parts of your life are getting too much / too little attention.
- Want to identify things you need to change to improve your life.

How to use this tool

Find a version of the Wheel of Life that fits your issues.

The 'traditional' version looks at ten lifestyle aspects. This is a great way to review your life in the round. If this is what you want to do, you can use the example from Positive Psychology (Sutton, 2020) shown below.

But these may not be the right topics for you. Fortunately, there are lots of versions, with different topics available. Search for 'Wheel of Life' or 'Coaching Wheel', and you'll find lots on the internet.

Alternatively, you can make a blank one and add your own topics. Using a few broad topics (e.g.: Learning, Earning, Leisure and Relationships) can work well. But, in the end, it is up to you to adapt it so it focuses on the things that are important to you.



Money and Finances

Career and Work

Family and Friends

Health and Fitness

Fun and Recreation

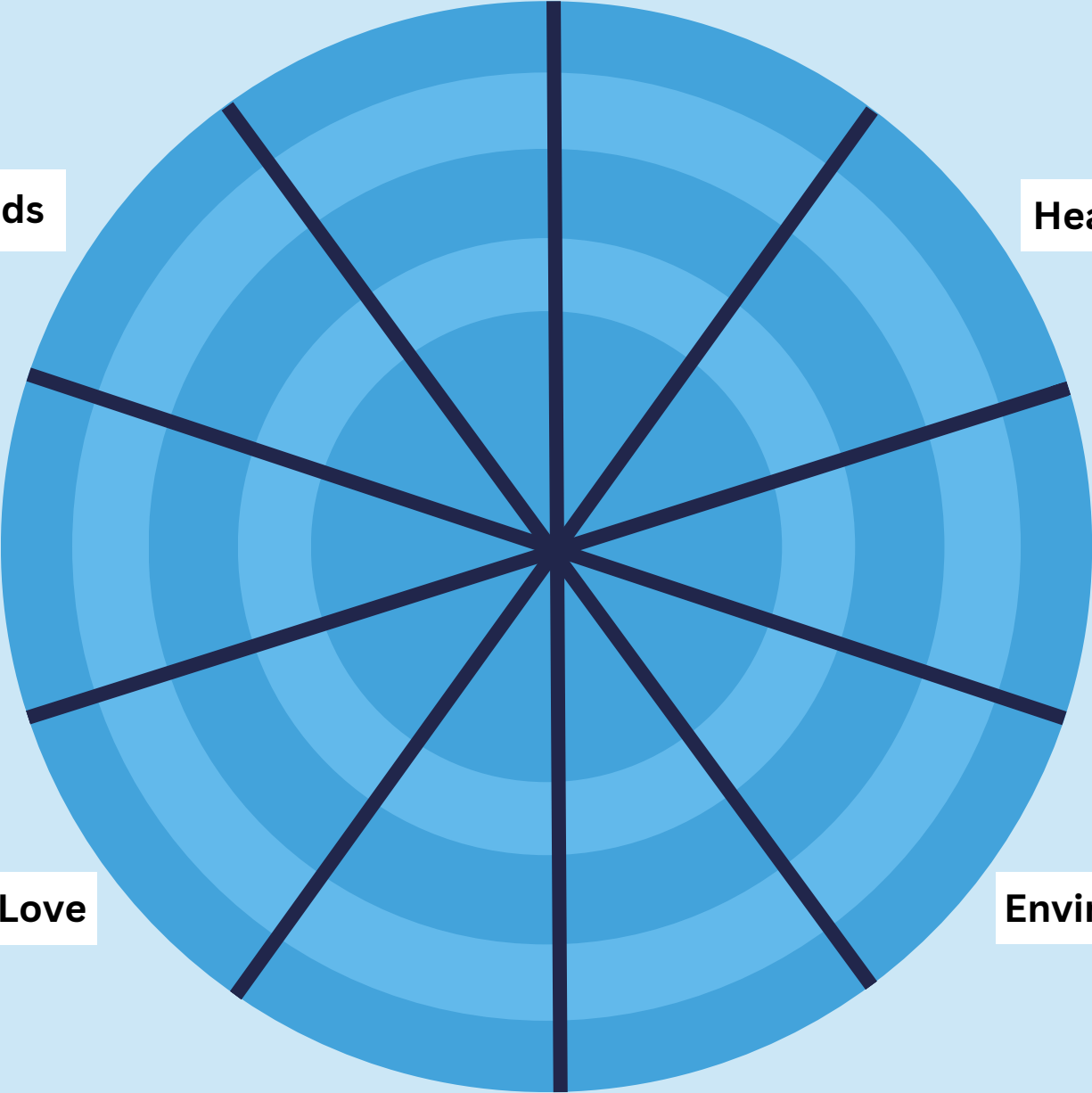
**Personal Growth
and Learning**

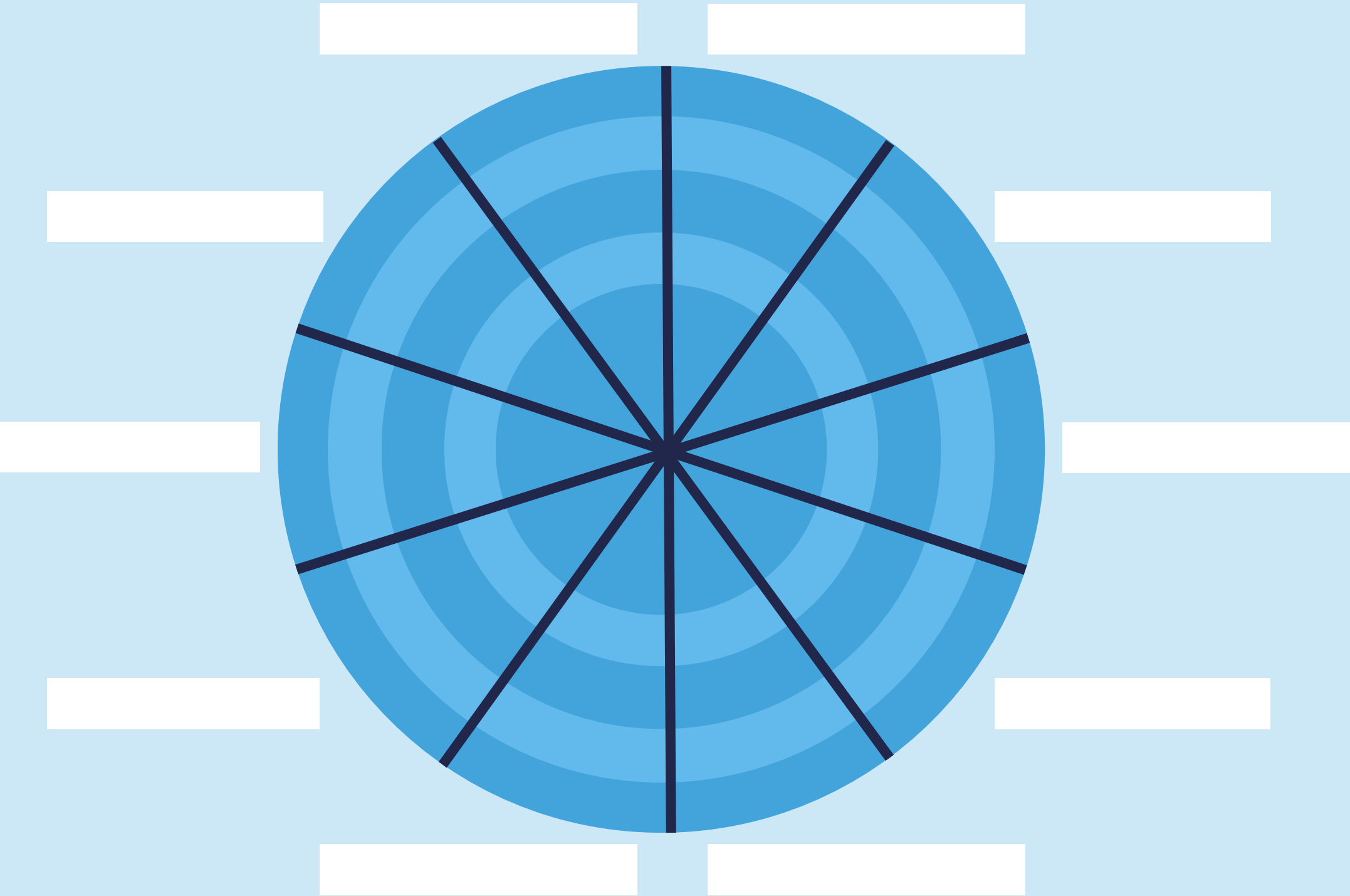
Partner and Love

Environment

Community

Spirituality





Rate how satisfied you are with your current life situation.

If you are completely dissatisfied with an aspect, give it a score of 0. If you are completely satisfied, a score of 10. In most cases, you'll be somewhere in between.

Then, starting from the centre, shade in each segment up to the level of the score you've given it. This simple step is definitely worth doing, as it makes the relative state of each part of your life stand out really clearly. Each co-centric band represents 2 points, moving from the center (0 points) to the outer edge (10 points).

Review your scores and reflect:

- How do you feel when you look at your wheel?
- What are the surprises?
- Which aspects stand out as areas where your life is flourishing?
- What are you doing that makes these so good?
- Which aspects stand out as areas where your life is disappointing?
- What factors are at work in these areas?
- What do you want to do differently in the future?
- Overall, how do you feel about the balance?



Give each aspect a mark to show what you would like it to be in the future.

Do you want it to stay the same, become stronger, or even become less important to make room for other things in your life?

You might use a different colour pen/font/symbol, so your future aims are distinguished from your present situation. Or you can make a 'future' version of your Wheel of Life using a fresh wheel, so you can compare the two.

Remember, which aspects you want to improve and by how much is completely up to you. To have a well-balanced life, you don't need to be at 10 in everything!

Review your scores and consider:

- What are the surprises?
- Which aspects stand out as areas where you want to make significant improvements?
- How will change in these areas improve your life?
- Compare your two sets of scores. Which areas are priorities for change?
- What goals do you want to set for yourself?
- What one simple step could you take to move you closer to your desired future?



Pause, Reflect, Act

- What are the key insights you've taken from this Self-help Tool?
- What does this tell you about your life right now?
- What actions do you need to take now, to build on this exercise?
- Who could help you with this?
- Are there other, related Self-help Tools you'd like to use as well?

NB: Because everyone is different, no one solution is a magic bullet, so please look at our other Self-help Tools as well, and use the ones that work best for you.



Other tools that can help action areas for change and personal development include:

- The Bridge of Reasons – being motivated by the benefits that change will bring to you
- SCALED-UP action plans – a practical way to drive change and achieve results
- Rule of Three – very simple approach to ‘chipping away’ at a challenge
- Level Playing Field – how to mobilise all the resources and support available to you to overcome obstacles
- Helpful Habits – simple tricks for getting things done
- Eyes on the Prize – how to focus effectively on key goals and not get distracted
- Cantril Ladder – like the ‘Wheel of Life’, but with guidelines on what a flourishing life looks like



References and Resources

- Coaching Wheels: hud.ac/rv7
- Sutton, J. (2020). How to Apply the Wheel of Life in Coaching. Positive Psychology. Accessed 16.04.2023: hud.ac/rv8



If you are a member of staff from another educational organisation and want to use a limited number of our Self-help Tools with your students, we would love to hear from you and share good practice. We would ask that you retain references to University of Huddersfield as a matter of courtesy, and acknowledge the other sources we have used. Thank you.