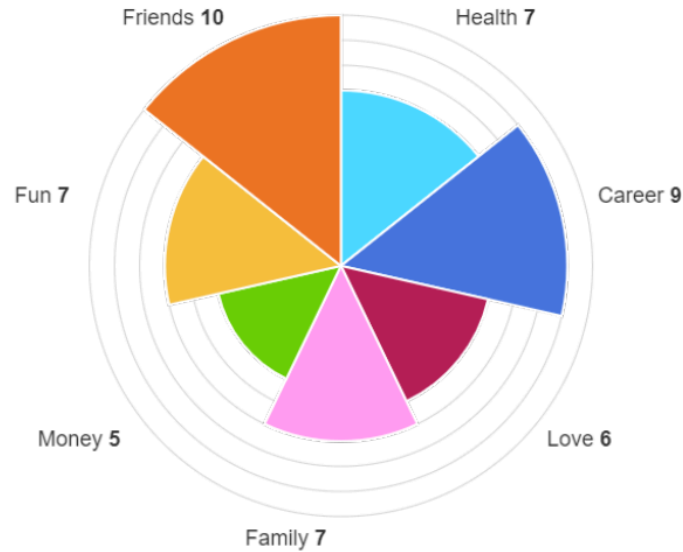


# My Wheel of Life

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## How to Visualize or Create a Life Balance Wheel:

This is a popular coaching tool that includes various segments representing different aspects of a person's life. This can be applied to Meta-Skills or any aspect of your life.

Here's how you can imagine or create one:

### 1. Draw a Circle:

- Start with a large circle divided into 8 or more equal segments (like slices of a pie).

### 2. Label Each Segment:

- Each segment represents an important area of life. Common categories include:
  - Finance: Money management, savings, investments.
  - Relationships: Family, friends, romantic partners.
  - Health: Physical health, mental wellness, exercise.
  - Career: Job satisfaction, professional growth.
  - Personal Growth: Skills development, education.
  - Recreation: Hobbies, leisure activities.
  - Environment: Home, work environment.
  - Spirituality: Personal beliefs, religious practices.

**3. Rate Your Satisfaction:**

- In each segment, mark how satisfied or successful you feel in that area on a scale from the center (0 - not satisfied at all) to the edge (10 - fully satisfied).

**4. Connect the Dots:**

- Connect the marks in each segment with a line to form a shape inside the circle. This shape visually represents areas where your life is balanced or imbalanced.

**5. Analysis and Action Plan:**

- Reflect on the shape. Areas that do not reach far toward the edge are opportunities for improvement. Set goals for how to enhance these areas and consider actions to take to achieve better balance.

**Application:**

This tool is exceptionally flexible and can be adapted to focus more deeply on a specific area. For instance, if you want a wheel just for:

<b>Finance</b> , the segments might include:	<b>Relationships</b> might include:
<ul style="list-style-type: none"><li>● Budgeting</li><li>● Saving</li><li>● Investing</li><li>● Debt management</li><li>● Retirement planning</li><li>● Emergency funds</li><li>● Financial goals</li><li>● Financial knowledge</li></ul>	<ul style="list-style-type: none"><li>● Family</li><li>● Friends</li><li>● Romantic</li><li>● Networking</li><li>● Community</li><li>● Social skills</li><li>● Communication</li><li>● Support systems</li></ul>

**Utility:**

Using a wheel like this helps individuals identify areas of their life that may need more attention or development, fostering holistic growth and satisfaction.

If you'd like to create one, you can easily do so using graphic tools like Microsoft Word or PowerPoint, or even by drawing on paper. It's a simple yet powerful tool to assess and plan improvements in various life aspects.