

CHOOSE TO THRIVE



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WHEEL
OF LIFE

Self Care & Wheel of Life

An exercise to do every now and again to check if we need more balance



by **Rob Duffy** on August 2nd 2017

Self-care is an often overlooked but essential part of health and wellbeing. Without self-care we lose focus, fail to commit and miss out on the achievement of our goals and can end up in a bad situation.

The first act of committing to self-care is to get clear on where we are in life and **what our experience of our situation actually is.**

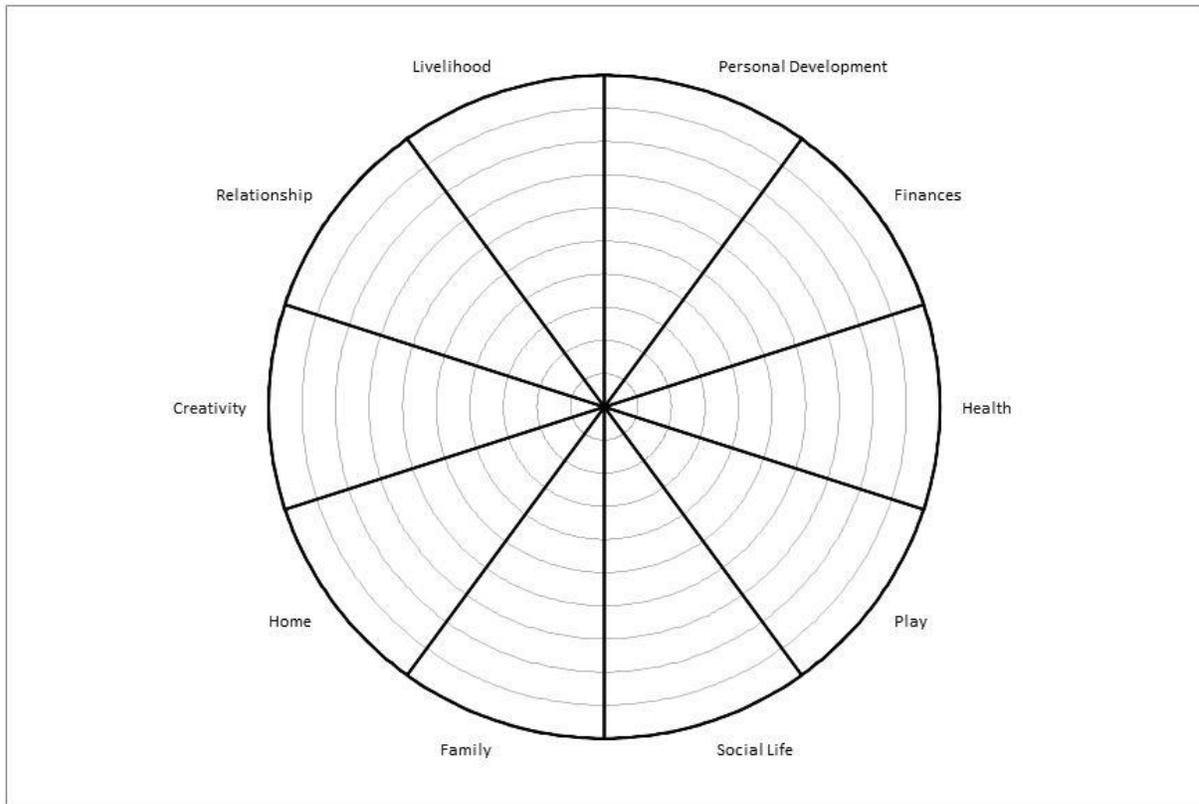
By knowing where we stand with regards to the areas of life we are concentrating on, we can identify areas which we are relatively satisfied and not in need of immediate attention.

On the other hand, the areas of our lives we are not content with, **we should mark them in need of some care and attention so as put steps in place to remedy the situation to a positive and desired outcome to be worked towards.**

To do this, we can use the ‘**Wheel of Life**’ to grade the areas of our lives (0 to 10). Some areas may get a 6 or 7 score and some may get a 1 or 2 score depending on how that area of our life is going at the time. **The idea is to find a balance and to look at the wheel as if it will be able to roll down a hill smoothly** or would it bring us on a bumpy ride?

Let’s take a look at the wheel of life now. Begin to consider these areas of your life that are represented on the wheel. If any of the areas on the wheel do not match what is important you, feel free to replace them with new accurate labels on the wheel which are relevant for you.

The idea is that the headings represent balance of your life.



Take some time to consider each area of your life, **maybe write up some positives and negatives about each area of life**, and give it a score of between 0 and 10 (10 being ultimate satisfaction).

Identify the 3 areas that scored the lowest.

What would it take to score a 10 in these areas?

Try to describe this to yourself in detail, take about 10 minutes to write about it and map it out clearly.

What steps can you take this week to get closer to a 10 in these areas of your life?

With the results, we can discuss what this means for you now in a coaching session which you can book by getting in touch [here](#).

Take some time to consider what this result means to you and what are you going to do about it.

[Find out more on my website](#)



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