

The Wheel of Life

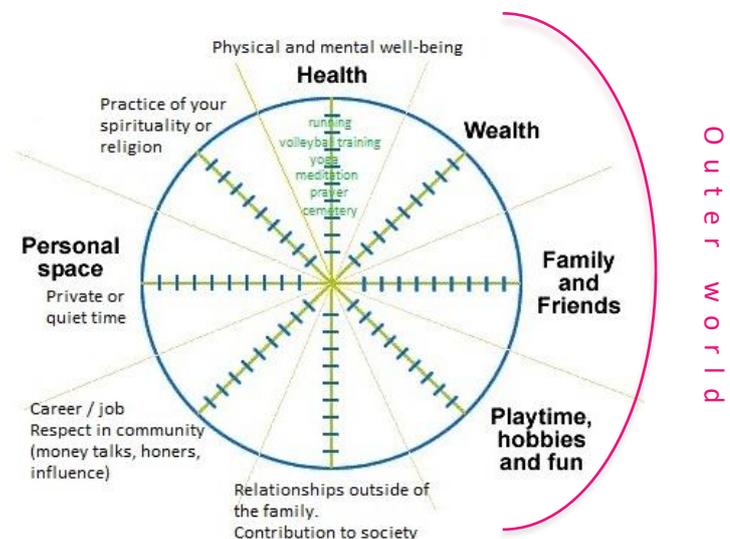
*Roll Smoothly to Create a
Happy, Balanced, Successful Life*

The Wheel of Life is a common and important self-assessment tool. Basics of it were known in Buddhist philosophy thousands of years ago. Mentors modify it and make it useful for many things. The method is as Christian as universal as it relies on basic human values. Therefore, the question – Who is this tool for? is answered – anyone and everyone. Including you. First, we work on the basic wheel and later talk about personalized and detailed and developed wheels.

The wheel helps you to look into your life, figure out where are your strengths and desires, see the balances between different areas and establish what areas might be out of balance. It also helps to understand necessary changes in your life. It is a tool to help you create positive changes and feel happier being balanced and content.

Most versions of the wheel have *8 spokes/ sectors*, but just as every course is different, in some cases the number may vary (do not get too liberal as there is a meaning in this number 8). Every person's wheel may have different spokes/ sectors that are important to them but it is wise to keep them grouped by logic and for further analysis purposes. Some of the common spokes/ sectors are listed below:

- ◆ Health and Wellness
- ◆ Family and Friends
- ◆ Career
- ◆ Finance
- ◆ Significant other/Partner
- ◆ Environment ("your world" not "the world")
- ◆ Personal growth and development
- ◆ Fun, recreation, enjoyment
- ◆ Spirituality
- ◆ Dreams and aspirations
- ◆ Community involvement
- ◆ Relationships outside of the family
- ◆ Education



Your Unique Wheel of Life

Draw a copy of your own unique life-wheel (in your journal if you have one) or take the one I distribute. Label the spokes/ sectors (in our case, I will bring it). The wheel has 8 spokes/ sectors already but you may add up to two more or will talk about creating a separate wheel for a single sector. I encourage you to customize the spoke-labels for the various life areas to fit your "me" – let's say that the sector is called "spouse" but you are remarried and have a complex issue or you are not married...

Imagine you in the center of your wheel as the axle of the wheel. I have marked it "Me".

1. Starting right at the edge of your axle and working to the rim, put little notches on the spokes/ sectors from 1 to 10 = 1 – not at all, 5.., 10 – it is the center of my life; there is no zero (I have eliminated it already).

Now, think about your level of importance of this label / spoke in your life. Mark it! Nono, I will not collect it.

3 min: done? Ok (the time here shouldn't be too long, it has to be your sort of first impulse).

Put the paper aside, face down. You, only you will see it later.

We will talk a bit and even discuss if the group is ready.

Take chart 2.

2. Now, you see the same spokes/ sectors. Mark satisfaction with each area of your life. If you rank a spoke/ sector in your wheel as a 9-10, you are completely satisfied and fulfilled in that area of your life. It follows that if you rank an area as a 7 or a 2, you perceive yourself as less and less satisfied with that area.

Now to an interesting part of the exercise:

2

Connect all points on both charts (separate papers, of course).

Notice:

- a) The shape of your chart – what's important – here are also hidden your talents. Work on this. And you may find what bothers you in this phase of your life.

Put the charts on top of each other.

- b) The gap between two chart linings – if the gap is more than three, you may want to think about this, what is the reason.
- c) It's about the change and your wish to do something about it. How to do it? About this and about you charts I advise you to talk to ***chaplain or a life coach***. If I will be around I would be happy to talk about it.

*hmm, what happens if something was marked as not all that important and you gave on the chart 2 more points to this sector? Perhaps, it's all good. On the other hand, it might be that this energy that is spent on that sector is needed more elsewhere and you are hiding a real problem from yourself. You are doing something that is easy and pleasant but is not that meaningful in your life actually.

Creating your wheel in a journal is really valuable because you'll be able to look back in your timeline to see how much more smoothly your wheel has begun to roll as you make positive changes in your life.

Observe time to time how your wheel looks, how the ride feels! Perhaps we can help you smoothen out the ride with a little bit of coaching.

ADDITIONAL INFO – READ IT WHEN YOU HAVE MORE TIME 😊

Strengthen Your Wheel of Life!

The idea is NOT to focus on "negatives" in areas that are out of balance.

It changes through the life all the time. Why? To what directions?

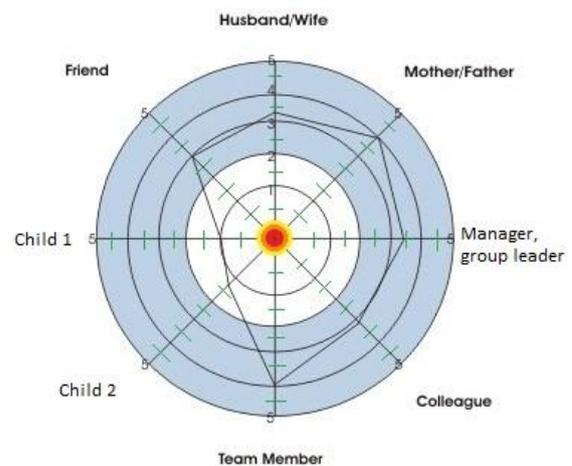
You will not create positive changes that you want using this way. You will not smooth out a thing that way. The idea is to identify those areas, really notice them, and to help you become conscious of what might be your way, and then see what the obstacles for the inner contentment are.

Become conscious of internal things like your thoughts, feelings, and emotions. Those internal things lead to external things like your actions, words, gestures, language. And you can make conscious choices about those things that matter to you.

The wheel of life will also help you look at external circumstances and how you might be able to change them.

With some help (councilor, priest, volunteer, trustee or life coach) you'll focus on what is right for you in your life, what is most resourceful about you - your strengths, talents, values, experiences, and passions. You'll become more conscious of those resourceful attributes of you and build upon them your individual plan of development.

Remember: the wheel of life is NOT for the prison or for the records. This is for YOU.



Keep working on your wheel

Find three areas on your first wheel that have the highest scores (if more than three have the same rating, make a choice). Now we create a new wheel to each of those sectors in your life. Through your self-analyze or with the help of a chaplain/ mentor we spot again eight areas in this one sector. *Pay attention: don't try to mark only these "players" you like or to start looking for the "problems". Just

clear your head and see, what cards are on the table for this particular matter meaning what are the influences or importance in this area.

Focus.

Meditate.

Take your time.

It's about your life not a test for someone else.

Don't hesitate to rethink or change the name of the sector, specify or to add details.

The order of the course (sample)

The number and the length of the meetings in the process or sessions varies based on the situation and will be scheduled before the first meeting. It would be ideal if the mentor (leader of the course) would have a wheel prepared where the sectors move (it is better to custom-group them later), that would be possible to attach to the wall and that would be a good size to see and at the same time portable (foldable). Ask for instructions.

Topics and approaches for analyses:

1. *The sum of all sectors* (your attachment to the outer world):

<20 – what's happening? Are you here? Need for a serious talk with the professional

65-80 – find a focus in your life

2. *Past, present, future* – room for an analyze in each sector

3. Making groups of the sectors

3.1. Me being individualistic

3.1.1. Spiritual, not in the need and all that interested in the outer world

3.1.2. Not comfortable with the others, don't know how to make a contact

3.2. Me being focused to the others too much

3.2.1. I am afraid intimate relationship

3.2.2. I have no one really close

3.2.3. I don't see "me"

3.2.4. Demand of the community and no way out of it

3.3. Relationships, the others – community, family, friends – what is the difference in those relationships and how do I relate them to my world

3.4. Material life, gain – what gives me the feeling of "having, owning" and how does it affect me (confidence or rather additional responsibility)

- 3.5. Spiritual life, inner peace & satisfaction – what gives it to me – a prayer, church, meditative spiritual yoga, calligraphy – the are thing that I might do for the others or for another reason)
- 3.6. Development – where do I see self-development, where are my dreams in it, what is realistic, what does it take, what is the first step
- 3.7. Process vs achievement
 - 3.7.1. Having a good day
 - 3.7.2. Having a solid bank account

Go on with this or find other ways to analyze. The wheel is endless, each person is endless.

Personal counseling:

- ◆ Verbalize the problem using your wheels (difference between two wheels)
- ◆ What needs to be done?
- ◆ Let's break it down to baby-steps
- ◆ Analyze – possible, doable, realistic, what does it take
- ◆ Resources – what do you have and what do you need, is it realistic
- ◆ Who can help, can you ask for this help
- ◆ Communication
- ◆ How do you monitor, evaluate, control, establish...
- ◆ When do you take action?
- ◆ Let's make a timetable and draw an action plan