



I AM TRACEY KNIGHT

TAKE BACK ... TRANSFORM ... AND WIN AT YOUR OWN LIFE!





**"PUSH
YOURSELF
TO PURSUE A
LIFE WORTH
LIVING"
- UNKNOWN**

**"FIND ECSTASY
IN LIFE."
— EMILY
DICKINSON**



THE WHEEL OF LIFE

A MESSAGE FROM COACH TRACEY

Notes:

- Balance is personal and unique to each individual – what may be balance for some may be stressful or boring for others.
- This exercise is designed to help you clarify your priorities and create a life that is closer to your definition of balanced.
- Keep in mind that balance must be assessed over time.
- Another option with this exercise is that you can ask someone who knows you well to complete the scores for you.
- It can be helpful sometimes to see an outside perception of your life 'balance'. Note: This must be someone you trust AND whose opinion you value.

Instructions:

1. Review the 8 areas on the Wheel of Life. The Wheel must, when put together, create a view of a balanced life for you. If necessary, you can split categories to add in something that is missing for you. You can also re-label an area so that it is more meaningful for you. The usual suspects are:

- Family/Friends
- Partner/Significant Other/Romance
- Career
- Finances
- Health (emotional/physical/fitness/nutrition/wellbeing)
- Physical Environment/Home
- Fun/Recreation/Leisure
- Personal Growth/Learning/Self-development
- Spiritual wellbeing (not necessarily religion – can be sense of self)
- Others could include security, service, leadership, integrity, achievement or community.

2. Think about what success feels like for each area.

3. Rate your level of satisfaction with each area of their life by drawing a line across each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied you are currently with these elements in your life. Use coloured-pencils or crayons to illuminate the difference.

4. The new perimeter of the circle represents your 'Wheel of Life'.
What type of ride are you on - bumpy or smooth



**"GETTING HELP IS
NOT A SIGN OF
WEAKNESS BUT
STRENGTH"
- UNKNOWN**

**"WHAT YOU FEED
YOUR MIND, WILL
LEAD YOUR LIFE."
- KEMI SOGUNLE**



THE WHEEL OF LIFE

5. Now, looking at the wheel here are some questions we will discuss during our coaching session(s) take the exercise deeper:

- Are there any surprises for you?
- How do you feel about your life as you look at your Wheel?
- How do you currently spend time in these areas?
- How would you like to spend time in these areas?
- Which of these elements would you most like to improve?
- How could you make space for these changes?
- Can you effect the necessary changes on your own?
- What help and cooperation from others might you need?
- What would make that a score of 10?
- What would a score of 10 look like?





**THE MOST
IMPORTANT THING
IS TO ENJOY YOUR
LIFE—TO BE HAPPY—
IT'S ALL THAT
MATTERS.
- AUDREY HEPBURN**

**“LIFE'S SHORT LIVE
PASSIONATELY.”
- MARC A. PITMAN**



THE WHEEL OF LIFE

Name: _____

Date: _____



The Wheel of Life Instructions

The 8 sections in the Wheel of Life represent balance.

- Please change, split or rename any category so that it's meaningful and represents a balanced life for you
- You will rate each are of your life on a scale form 0-10. The center of the wheel is 0 and represents little satisfaction. As you move toward the outer rim of the triangle, the value increases up to 10 which implies great satisfaction.
- Rate your level of satisfaction in each area by drawing a line in the triangle that represents your level of satisfaction. (see example)
- Look at the Wheel of Life and determine where it feels Harmonious (i.e., score of 8-10); Content or Average (i.e., score of 5-7); Deprived or Out of Alignment (i.e., score of 0-4).
- What are t you and where you need to pay more attention to create greater satisfaction.
- Is it a bumpy ride?

Example

