

# The Wheel of Life

The Wheel of Life is a key tool in coaching, and it can be used in almost any situation to enable the client to access information they were previously unaware of, or to see a situation in a new way.

Wheels are useful because they represent a whole system, and they give us a visual representation of that system as a whole. The wheel is a simple and extremely powerful tool, because it opens the unconscious mind.

## Using the Wheel

### Here is the basic process for coaching with the wheel:

1. Make sure you put a date at the top of the page.
2. Use the scale (1 to 10) to rate your level of satisfaction in each of the eight categories on the wheel. As you do so, colour in each category to the chosen number. Often using a variety of colours is helpful.
3. Once the wheel has been completed ask yourself, 'Looking at the wheel, is there anything that stands out?' then consider, 'As my wheel is now, which area(s) would be the most important to start working on?'
4. When you have chosen an area to work on, ask yourself, 'If this area is currently a 4, what number would I like it to be?' then ask yourself, 'Ok, what would need to happen to bring that score up to a 7?'
5. I will tell you to start developing some goals, making sure that the actions nominated are within your control or influence, and that they are SMART goals.

### Some useful questions when using the wheel:

- + What am I currently doing to gain support in this area?
- + What might I do?
- + How could I prioritise more time for this area?
- + How important is this for me?
- + Let's imagine it's six months down the track and I am (doing chosen activity) well. What is it that I have done?
- + Let's imagine I could be as creative as possible. What would I do?
- + Is there anything else that's important to think about now?

I help you optimise your life:



mental

+



physical

+



emotional

# The Wheel of Life

10 = High Satisfaction  
1 = Low Satisfaction



\*The names of the segments are examples only, make up your own if needed.

I help you optimise your life:



mental

+



physical

+



emotional