

THE WHEEL OF LIFE

If you have a printer at home, download the PDF, and print it out. Otherwise;

Draw a large circle on a piece of paper and split the circle into 8 equal pieces. These sections represent 8 areas of your life and you can choose what to put here. Some suggestions for categories on your Wheel of Life;

Family	Money
Friends	Community/Volunteering
School/College	Spirituality
Physical Health	Leadership
Fun and Hobbies	Achievements
Wellbeing	

Once you have chosen 8 areas that reflect your life, write them next to each section on your wheel. Now imagine the centre of the wheel is 0 and the outer edge is 10.

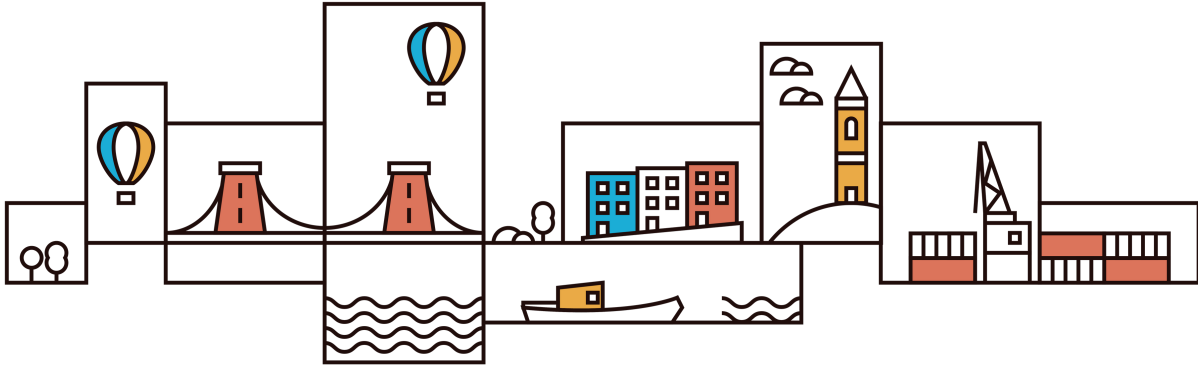
Choose a value between 1 (very dissatisfied) and 10 (fully satisfied) for this area of your life. Now draw a line and write the score alongside.

Use the FIRST number that pops in your head, not the number you think it should be!

After rating yourself in each category, you can either draw a line connecting all of the dots together or colour in each section up to the score you gave yourself. Be creative if you like – get the pens out and make it colourful. This is now your Wheel of Life!

The Wheel of Life is not a reflection on you, your past or your future. *It is not a way of highlighting success or failure.* The Wheel of Life provides a snapshot in time that helps you establish what is important to you right now.

Do not be too hard on yourself but do be honest. This is all about you personally and must be completed by you only – if you want to share the results with someone you can but don't worry if you don't want to.



How does your wheel look? Are you balanced in all areas or is it a bumpy ride? What areas did you rate high or low in? Ask yourself some questions;

- Are there any surprises for you?
- How do you currently spend time in these areas?
- How would you like to spend time in these areas?
- What would a score of 10 look like?
- Which of these categories would you most like to improve?
- How could you make space for these changes in your life?

Set yourself a goal for at least one of the areas which you would like to rate higher in. What could you do to help you score higher?

Come back to this activity regularly if you want to. It can help you to make decisions on what areas you want to improve on or to help you see how well you are doing.

This activity is personal to you but if you did want to share your Wheel of Life, email a picture of it to future.quest@uwe.ac.uk and we may share it on our Instagram for other to see. Or you could share it on Instagram and tag us (@Future_Quest_)

Good Luck!

MY WHEEL OF LIFE

