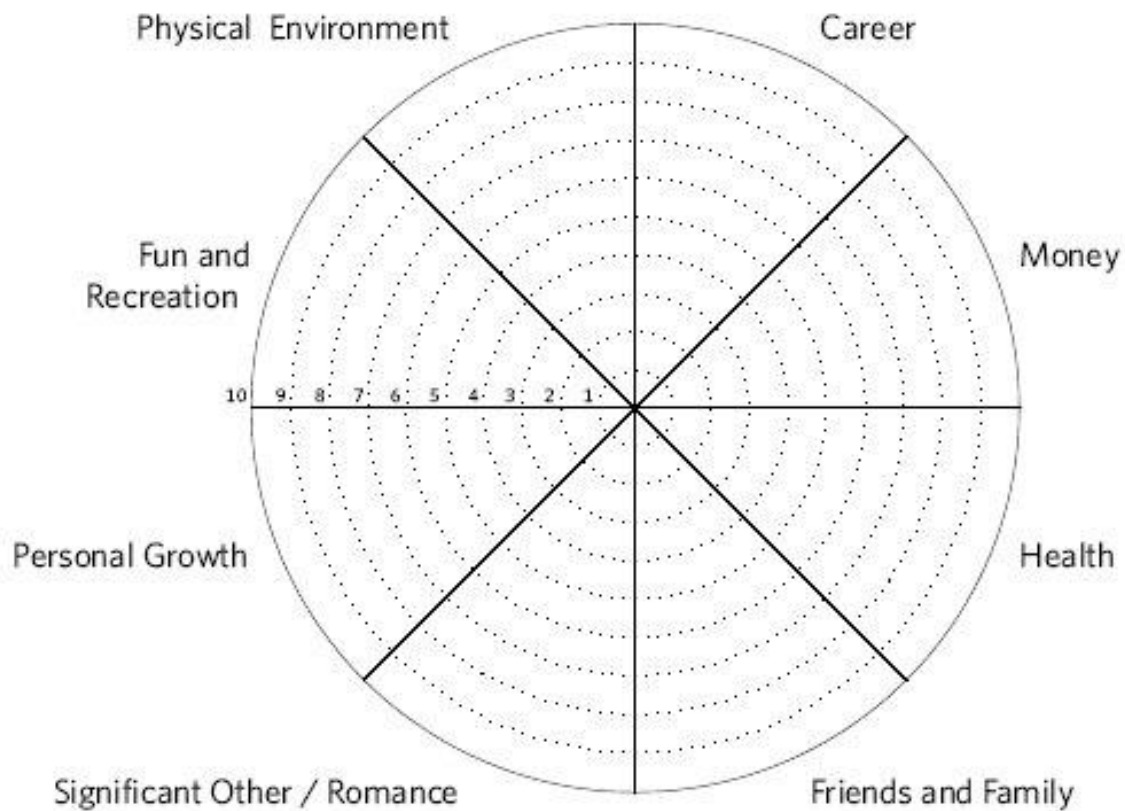


Wheel of Life – a present moment analysis table



Notes: These eight domains of life are just to guide you. You can adapt them to your personal situation.

For example :

- a young adult will use the career domain for his studies.
- a retired person for his volunteer activities.
- a woman who chooses to stop working to raise her family.

1. Sit back comfortably, relax and be honest with yourself, let yourself go to spontaneity. Print this wheel of life table and grab two different colored pens.
2. Each circle of the wheel represents the satisfaction index. From the smallest (1 : not satisfied with, at all) to the highest (10 : very satisfied with).

Where am I today in my domains of life?

3. Using the color of your choice, mark with a dot your satisfaction index, in the present moment, in each of the domain of life. Link all the dots together with a line.

Where am I able to go in each domain of life ?

4. Now, let's imagine that you have the power to improve certain aspect of your wheel. Using the other color, mark with a dot your optimal (ideal) satisfaction index in each category. Link all the dots together with a line.

5. Take a moment to be aware your results, the good ones and the less good ones. Are the gaps surprising to you ?

6. Think and act.

Take about 10 minutes to do this exercise.

You can act to reach a better balance in your life.

Use this completed analysis table as an indicator, and answer the questions below to start taking action:

What would you need to modify :

What would you need to stop (thinking, doing, repeating,...) :

What would you need to prioritize :

What would you need to delegate :

You can use this tool as your dashboard.