

WHEEL of LIFE

WORKBOOK

Your guide to
creating the life
you want

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COACHING



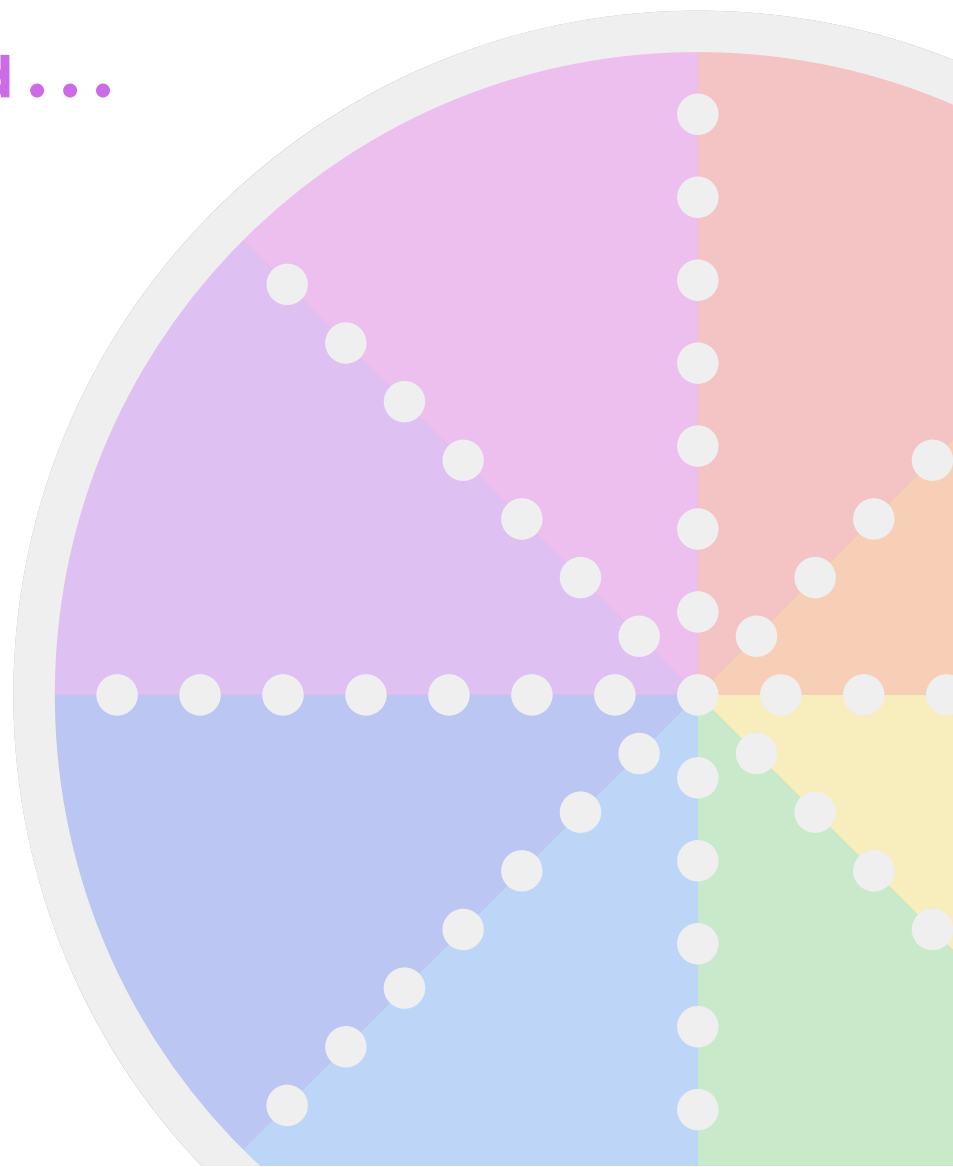
Welcome to Your Wheel of Life Workbook

Your guide to creating the life you want

Inside, you'll find the following activities to help you:

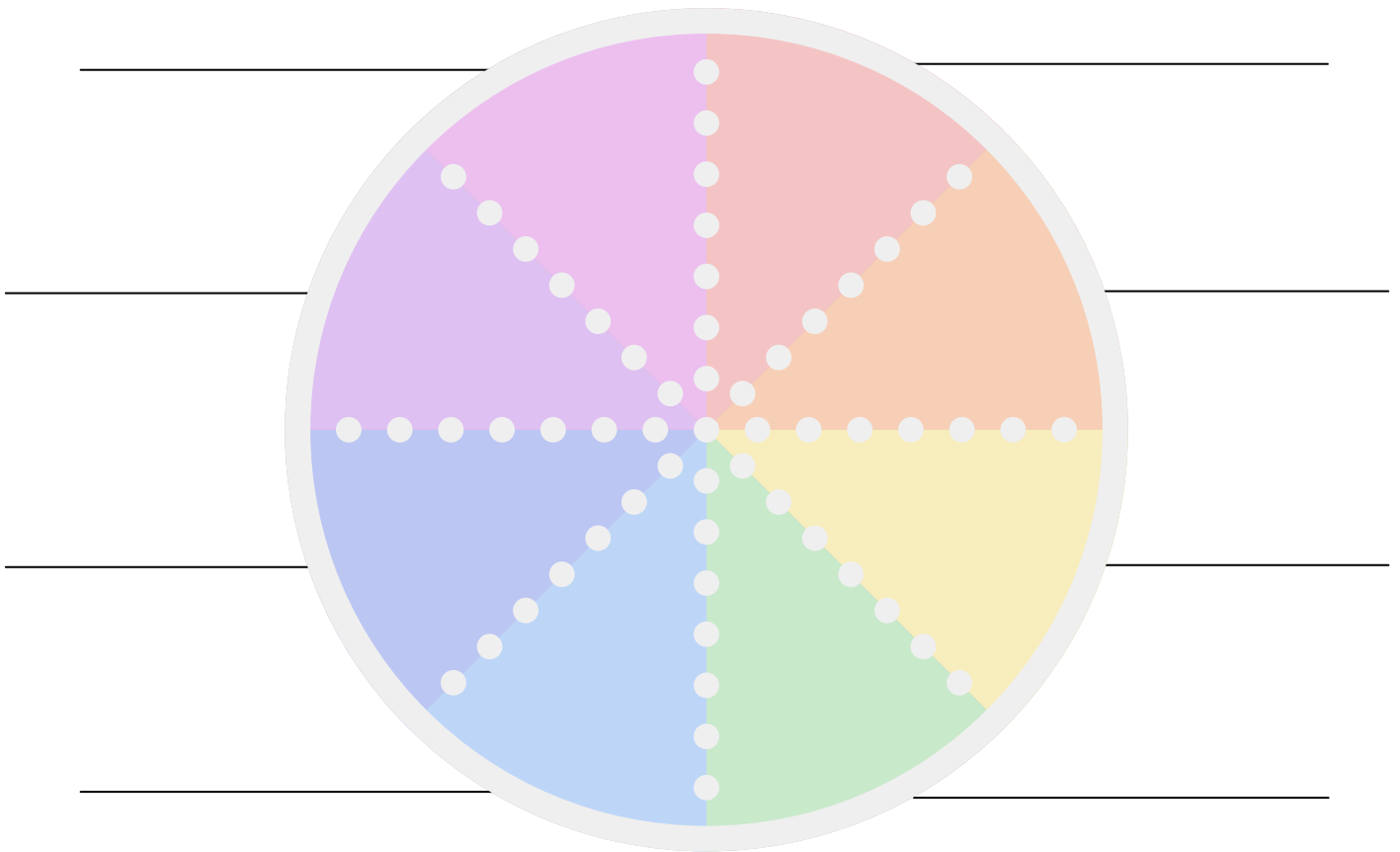
- Assess where you're at for key areas of your life
- Identify where you'd like to be for each area
- Develop goals for creating the life you want
- Create compelling reasons for each goal to keep you motivated
- Describe your indicators of progress and definitions of done for each goal
- Decide your rewards, so that you can celebrate all that you've achieved

Let's get started . . .



Your Wheel of Life

Your important life areas:



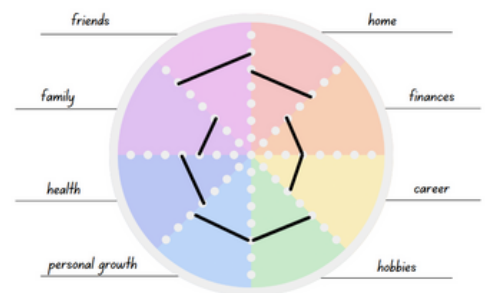
How to use the Wheel of Life

The 8 sections in the Wheel of Life represent balance. Start filling out the wheel by choosing the 8 areas of your life that are the most meaningful to you right now. You may decide to combine areas in one wedge, e.g., 'Friends and Family' or make them separate wedges of importance. Write each area on a line provided.

Next, using the centre of the wheel as 0 and the outer edge as 8, rate your level of satisfaction with each area out of 8 by drawing a line to create a new wheel edge (see example on the right).

The new perimeter of the circle represents your Wheel of Life. How satisfied are you with this wheel overall? Is it a bumpy ride? What would you like to improve?

Example Wheel



If you'd like support with this workbook, get in touch at coaching@witten.kim

Your Reflections & Aspirations

For each wedge of your wheel, reflect on where you're currently at and where you'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Area: Where I'm at currently: Where I'd like to be:

Next Step: use your reflections to raise awareness about what changes you might like to make and set goals to start working on them.

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Define Your Goals

After you've completed your Wheel and your reflections, use these responses to define goals for each area. Aim to create SMART goals (Specific, Measurable, Achievable, Relevant, and Time-based)

Where I'd like to be:

My goal:

Where I'd like to be:

My goal:

Where I'd like to be:

My goal:

Where I'd like to be:

My goal:

Where I'd like to be:

My goal:

Where I'd like to be:

My goal:

Where I'd like to be:

My goal:

Where I'd like to be:

My goal:

Next Step: Create compelling reasons and rewards for each goal.

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Your Compelling Reasons

A compelling reason is a single sentence that explains how a big task, project, or goal is meaningful to you — a 'why' that reminds you what matters. This will help motivate you when things get challenging. Read more about [compelling reasons](#)

Goal:

Compelling Reason:

Goal:

Compelling Reason:

Goal:

Compelling Reason:

Goal:

Compelling Reason:

Goal:

Compelling Reason:

Goal:

Compelling Reason:

Goal:

Compelling Reason:

Goal:

Compelling Reason:

Next Step: Define your markers of progress and achievement.

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How will you know you got there?

Seeing evidence that we're reaching our goals can be a huge motivator!
For each goal, describe indicators of progress and your definitions of done.

Goal: I'll know I'm getting there because... I'll know I've achieved it when...

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Next Step: Define your rewards!

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Define Your Rewards

What's the point of doing anything if we don't stop to enjoy and appreciate all that we've achieved? Besides being a helpful motivator, defining your rewards can ensure that you feel your accomplishments — and not your mistakes!

Goal: Here's how I will celebrate achieving this goal...

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Congratulations! You've made a huge amount of progress already — be sure to take a moment to celebrate that too.

Next step: Let's create a plan to get it done. Get in touch with me at coaching@witten.kim to make it all happen.