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Use this to complete your wheel of life at one moment in time.

Reflection Questions \_\_\_\_\_ 3

Gain deeper benefit & insight from the exercise by contemplating these questions.

12 Months of Templates \_\_\_\_\_ 5

You can use these 12 mini Wheel of Life templates to prompt you to take the time to reflect on your wheel of life over monthly intervals & to monitor your progress over the course of a year.

Video Transcription \_\_\_\_\_ 7

Many people also like to read what they see. This is the transcription from the accompanying video which explains The Wheel of Life.

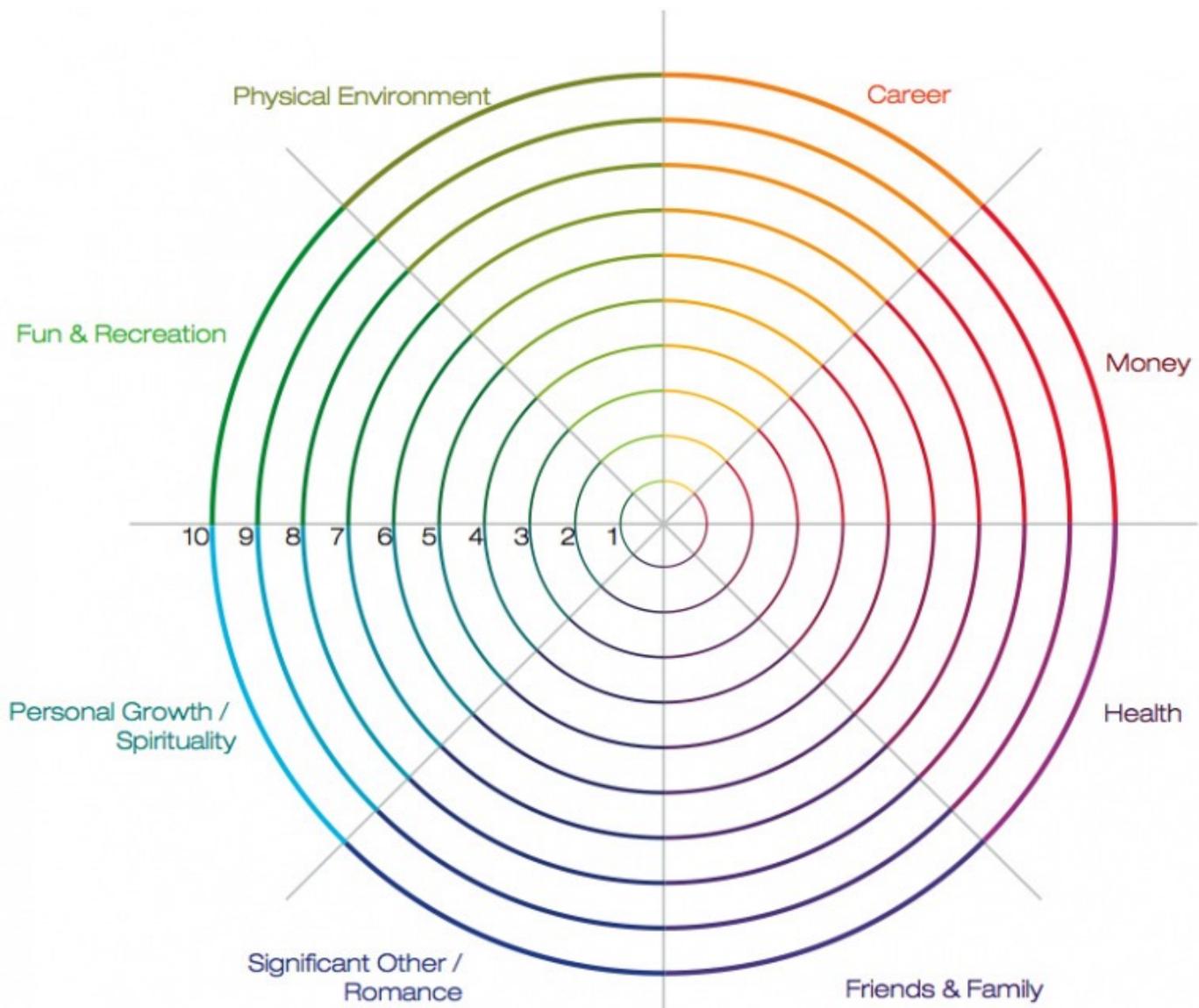
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# The Wheel of Life - Exercise Sheets

Name:

Date:

Give yourself a rating from 1 to 10 for each area of your life, as you see it TODAY. Go with your first instinct, not where you'd like it to be.

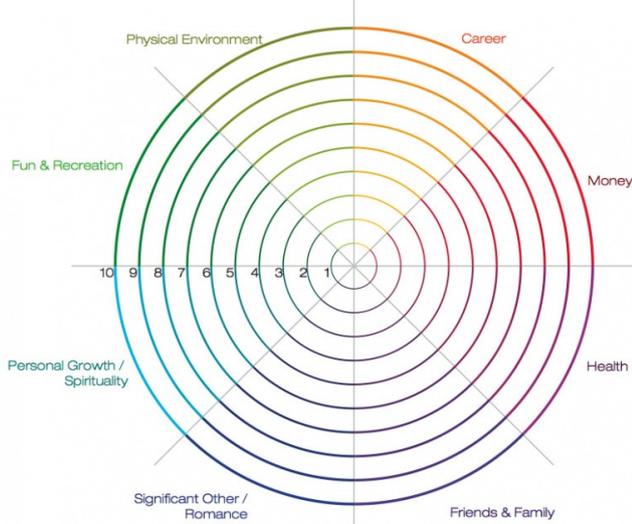


The Wheel of Life - Exercise Sheets  
Wheel of Life Reflection Questions

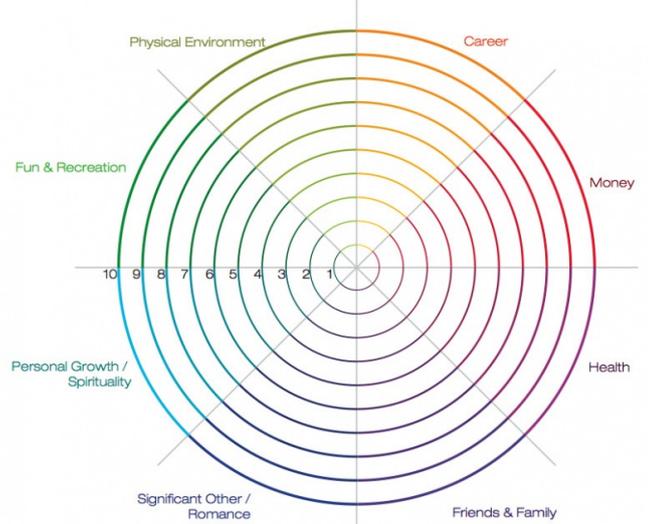
1. What are your initial thoughts when you look at / contemplate your Wheel of Life?
2. How do you feel about your life as you look at the wheel?
3. How are you currently spending time in these different areas versus how would you like to spend time in these various areas of your life?
4. What would make a potential area a score of 10 as opposed to whatever it is at the moment. Think about these different areas and think about what a 10 would be like for you. What would it look like?
5. Which of these areas would you most like to improve / which would you prioritise?
6. How could you make space to improve this area?
7. Is there potential help, support or training you can get to make any changes?
8. What change should you make first and what change do you want to make first?
9. If there was just one key action that you could take that would begin to bring everything more into balance, what would it be?

# The Wheel of Life - Exercise Sheets

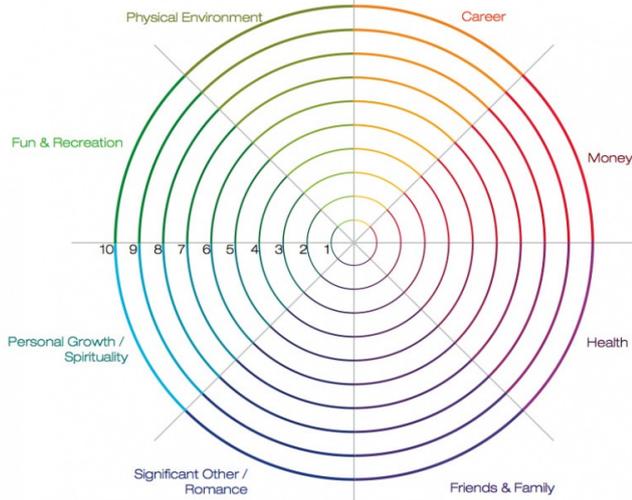
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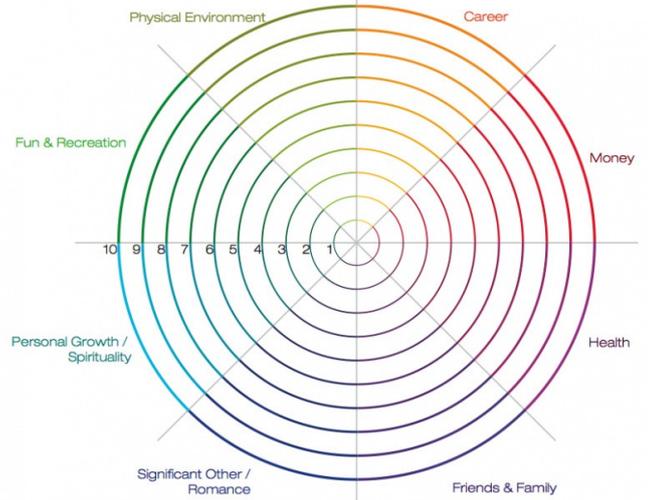
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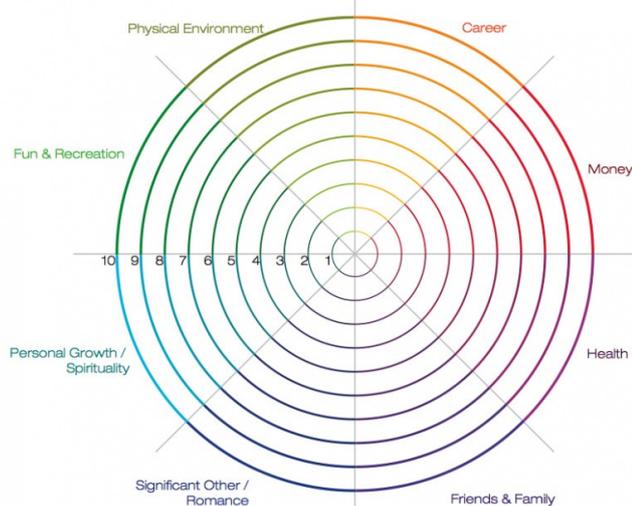
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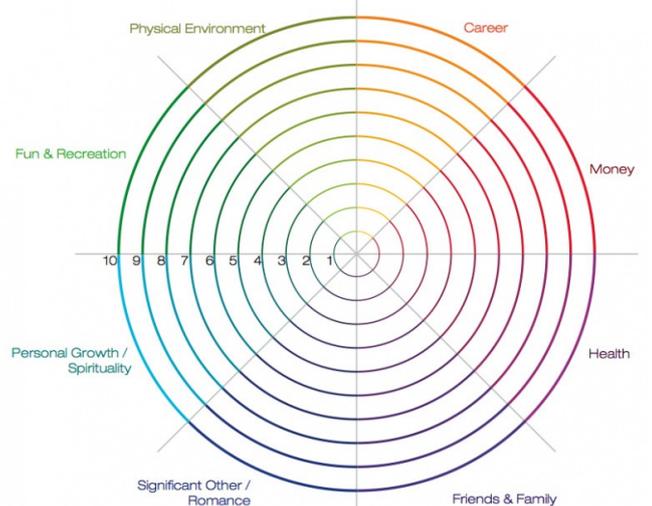
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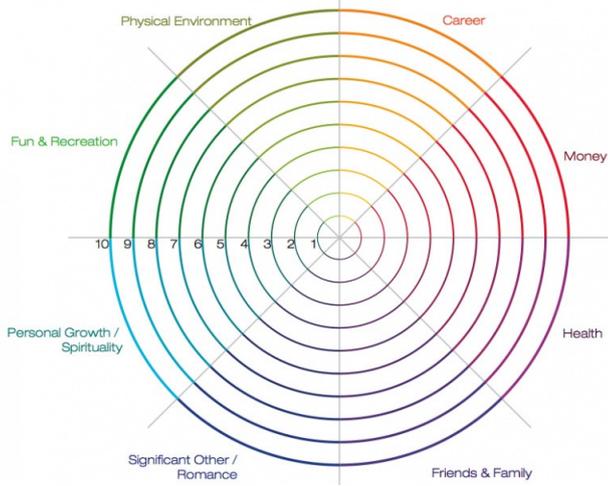


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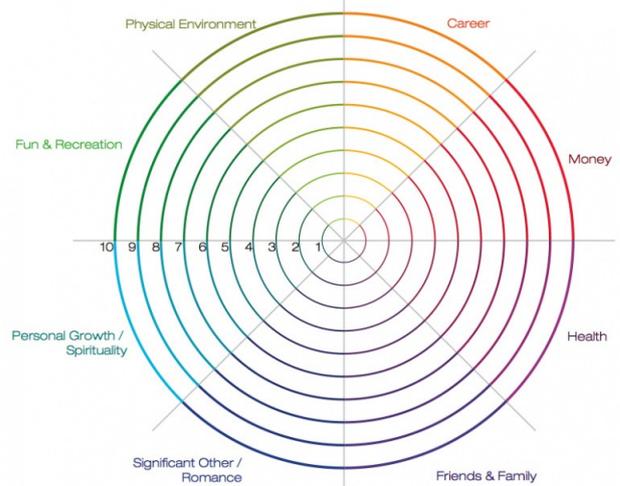


# The Wheel of Life - Exercise Sheets

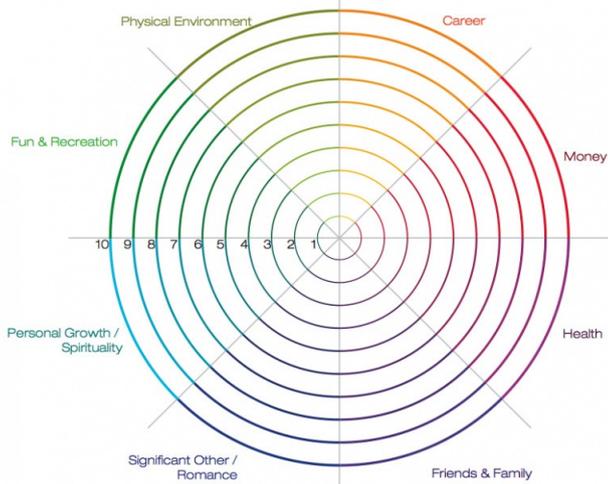
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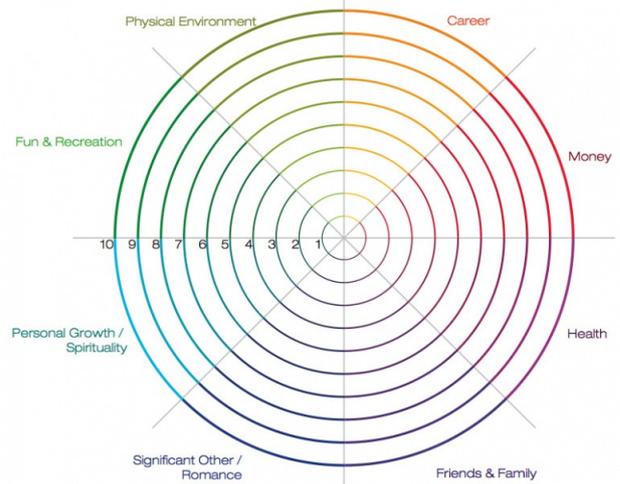
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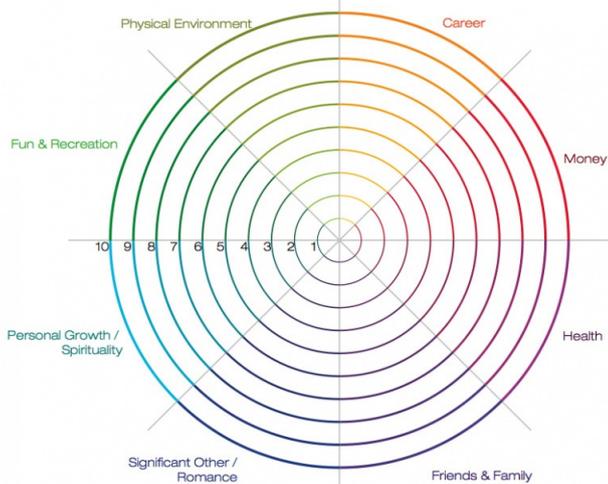
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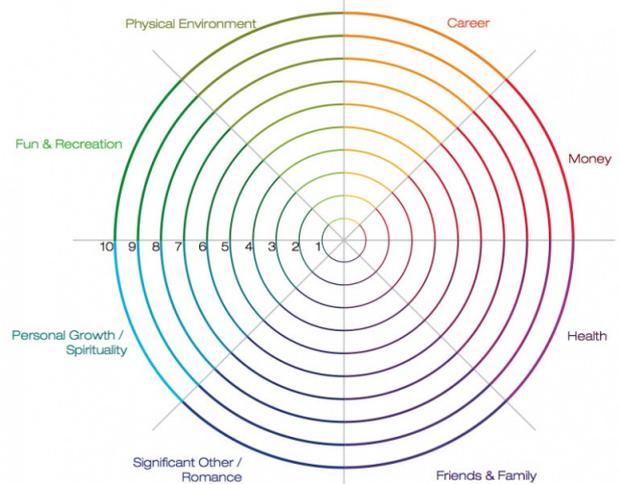
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# The Wheel of Life - Exercise Sheets

## Video Transcription

### The Wheel of Life

Hello and a very warm welcome, Ben Brophy here from The Online Video Academy and it's a privilege and honour to be sharing with you today. I just quickly want to thank you for your time and interest in learning and growing and I promise to share some really powerful and effective tools and ideas which can make a positive impact on your life.

Now in this short video series, I'm going to be sharing some practical exercises which will help you to create a wonderful year ahead. It doesn't matter where you're at in life, how old you are, your background, your education, or your status. All of the tools that I'm going to be sharing have one commonality. They can benefit everyone and they're very simple and effective. So this first video is all about The Wheel of Life and understanding where we perceive our life to be at this present moment in time.

And if you haven't already done so, you can download the free worksheets from The Online Video Academy. OK, now The Wheel of Life is powerful because it gives you a vivid and visual representation of the way your life is currently compared with the way you'd ideally like it to be. It's called The Wheel of Life because each area of your life is mapped on a circle like the spokes of a wheel. Now, this is a very useful tool and exercise because firstly, it's very quick and easy for anyone to complete. Secondly, it gives a helicopter view of one's life. Thirdly, it helps you to consider each area of your life and assess what is or isn't on balance. And fourthly, it helps to identify areas which may need some attention. Okay, so if you look at the wheel on the screen, you can see that it contains eight sections which represent a way of describing a whole life.

Now, it's important to remember that it's not a picture of how life has been in the past or how you want it to be in the future. It's simply a snapshot of your life in the current moment and it's not a report card on how well you have or you haven't performed or what you have or haven't achieved. It's simply about honestly understanding your level of satisfaction in each area without judgment or prejudice. So why should we do this? Well, if we know where we are and what is or isn't working for us than we're arguably in a better position to move forward in life. And secondly, it's also a good exercise for you for helping to regain clarity and perspective on the different areas that make up one's life. Now, very often we get focused into a few areas and potentially neglect other areas.

This is very common, so this is all about just taking an honest look at where we feel we're currently at without judgment and this exercise of the wheel of life, you know, imagining it as a wheel, as you can see on the screen in front of you with the different spokes of the wheel coming out from the centre. Each coloured segment represents a different area of our life and it's graded from zero at the centre up to 10 at the top. So zero being awful couldn't be any worse to 10 being outstanding, couldn't be any better. So let's quickly contemplate the common areas of life as represented in this wheel and a rough guide as to what each area could mean. So firstly the yellow segment, business and career. Now this could also be parenthood, work, business, volunteering? How is your career and business life going?

## The Wheel of Life - Exercise Sheets

Are you doing something that you can't wait to get up and do each day which fulfils your sense of purpose? Are you relatively happy in your chosen job or career or are you doing something because you feel you have to or that you don't have any choice in the matter and you really don't like it at all? Okay. Secondly, the light green, finances, money, financial security. What state's your personal finances in? Are they where you want them to be? Have you got a good handle on them and do you feel in positive control of them? Are they okay but could be better or are they in dire straits or anywhere in between? Okay. Now, what about the orange segment, health and wellbeing, which could be broken down into emotional, physical, fitness and wellbeing? Are you as fit and healthy as you'd like to be? How's your cardio and your physiology?

What fuel and nutrition are you putting into your body? Do you feel confident and have radiant health or are you sluggish or putting on or losing weight? How's your mental and physical flexibility and your overall energy levels? Have you got any health concerns which you'd like improved? Okay. Now to the dark green segment, family and friends, so you could split this into two. Family and then friends. How are your relationships with family and friends as a whole? Do you feel nourished and fulfilled with the state of your key relationships? Have you got amazing flourishing friendships that enhance you and bring out the best in you or have you got floundering friendships? Do you look forward to being with your family or are you holding grudges? Do you let people be themselves with no need or expectation for them to change? Are you practicing unconditional love or are there resentments?

Okay. What about the red segment, romance which could also be dating, relationship or life partner. So how's your romantic or love life? Are you in a beautiful loving relationship which fulfils you and brings you joy and happiness. Do you look forward to their company and smile? When you think about them, is your relationship expanding or retracting? Are you wanting to change the state of your relationship and possibly get into a new one or if you're single, are you happier alone or are you out in the dating field, having fun & positively impacting those who you meet or are you out of the game?

Now, what about the purple segment? How's your personal growth? Now, this could also be faith, spiritual learning or self development - however you want to deem this. Do you feel that you're expanding as a person. Are you watching, reading or listening to content that expands who you are and exercises or stretches your mind. Are you following a practice which deepens your sense of inner peace and connection with all things? This has nothing to do with what's going on in the outer world. This is more of an inner game.

Okay, so what about the brown segment? Fun and recreation and leisure. So this includes hobbies and activities that you do for pleasure. On a scale of one to 10, how fulfilled are you in having time to explore these kinds of activities which you enjoy? Are you having fun and even playing?

And finally the light blue segment. What about your physical environment? So this relates to the areas where you spend most of your time. It includes your predominant living space, your home, and also your workspace and vehicle or means of transport. Do you feel good about these areas and do they expand your energy or do they make you feel merely okay, but not really stimulating you or do they actually suck energy in life from you as a whole?

## The Wheel of Life - Exercise Sheets

How fulfilled do you feel with these different spaces in which you spend most of your day to day time?

Okay, so what I'd like you to do now, please, is to give yourself a score out of 10 for each of the areas. And it's very important to please just use the first score that pops into your head, not what you think it should be. So please go and do this. You can download the free worksheets from [www.TheOnlineVideoAcademy.com](http://www.TheOnlineVideoAcademy.com), but do do this on paper or on the computer if you want. And if you're inside [www.TheOnlineVideoAcademy.com](http://www.TheOnlineVideoAcademy.com), you can actually type in your responses by clicking the button, but use the first score that pops into your head for each. And this isn't about judging, it's just about taking a snapshot of where you feel and go with your impulse of where you feel each area of your life is at the moment.

Okay? Once you've done that, what I'd like you to do, please, is to actually draw a line across the mark that you've given for each area so you can link it up to visually see it as if it's a wheel. So as you can see, there's just a demonstration example in front of you there, but we've just drawn a line across the top of each segment and we can see how that looks as if it was a wheel.

Okay, so now that you've done that, let's actually look at this a little bit deeper and contemplate what this represents, so take time to consider these questions and again, you can download these and print them off. You can do them in your head or even better you can type out your responses or even write your responses down. But firstly, what are your initial thoughts? Are there any surprises that have come up for you instinctively?

What were your initial thoughts? Secondly, how do you feel about your life as you look at the wheel? Thirdly, how are you currently spending time in these different areas versus how would you like to spend time in these various areas of your life? Fourthly, what would make a potential area a score of 10 as opposed to whatever it is at the moment. Think about these different areas and think about what a 10 would be like for you. What would it look like? What would it feel like? Envision it in your head. What would a 10 look like now? Which of these categories would you most like to improve? Because the chances are that we can't just go out and immediately improve every single area of our life overnight. So of these which would you prioritise them? Which would you most like to improve? And of course we only have 24 hours in any given day and it's how we spend these 24 hours which determines our outcomes.

So how could you make space? How could you make time to potentially make some of these changes in your life? Just have a think about these questions please. Now is there potential help or support that you might need from other people, from other resources to help make these changes and to be more satisfied with your life? So just think about, do you have to go out and do everything yourself or can you go and get support? Can you learn from other people? Can you get assistance from other places, from websites, from friends, from family, from your colleagues, from your employers? What change, importantly, what change should you make first and what change do you want to make first? So look at your wheel of life. Contemplate where you're at. Get a feel for what your initial instincts are doing this exercise and what would you like to change first and if there was just one key action that you could take that would begin to bring everything more into balance, what would it be?

## The Wheel of Life - Exercise Sheets

Is there some research you could do is there some exercise you could do? Is it a chat that you want to have? We'll need to have with a family or friend? Is it speaking to a colleague or to your employer. Is it to actually start a new hobby? Is it to free up more time for your personal growth, your faith, your spirituality. Is it to start improving your romantic or significant other relationship? I don't know what these are. These are questions for you to reflect upon, but take a moment because the power in this exercise firstly is in identifying visually where we're at currently, how we view our life, and secondly is to reflect upon these kinds of questions so that we can start enhancing different areas of our life. So please do take time to contemplate these questions. You can download these questions and the worksheets for free from [www.TheOnlineVideoAcademy.com](http://www.TheOnlineVideoAcademy.com).

If not, you can quickly take a screenshot or you can get your camera and take a photo of this screen, whilst you're looking at it, and please do share this with other people as well. It's all about sharing content, about sharing resources and ideas which can help each one of us, and even though you're doing this for your own private use, maybe there's somebody else, maybe you've got a partner or maybe you've got a family member who you'd like to share these insights with, so do share this with other people. Please do let other people know about it. I look forward to joining with you in the next video where I'm going to share another great resource with you. So it's Ben Brophy from [www.TheOnlineVideoAcademy.com](http://www.TheOnlineVideoAcademy.com) Thank you for your time. I hope you found this wheel of life exercise useful. Let's jump into the next video.

## Further Resources

Please visit [www.TheOnlineVideoAcademy.com](http://www.TheOnlineVideoAcademy.com) to access a wealth of expert resources, training & content. Our intention is to deliver highly practical, accessible & powerful content which enhances lives, empowers businesses & elevates well-being.

We do this because we care about the world we are living in and the positive impact sharing good content can have on individuals, families, businesses & communities. We want to use our skill-sets, contacts & resources to make a difference!

We have an exciting selection of experts who will be sharing some of their best work & ideas through the platform.

We truly hope you've enjoyed & benefitted from this Wheel of Life exercise. Make sure you check out the next videos in the series.

Please help us to spread the word!

Thank you for your interest & support.

Ben & The Online Video Academy Team