

WHEEL OF

LIFE

< WORKBOOK >



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The wheel of life is a great tool that helps us better understand what we can do to make our life more balanced.

Think about the 8 life categories below, and rate them from 1 - 10.
See the questions on the next page to help you reflect on each category.

The diagram is a circular 'Wheel of Life' tool. It is divided into eight equal segments, each representing a different area of life. The segments are labeled as follows, starting from the top and moving clockwise: HEALTH, FRIENDS, RELATIONSHIPS, RECREATION, SPIRITUALITY, CAREER, FINANCE, and PERSONAL GROWTH. Each segment is further divided into ten concentric rings, allowing for a rating from 1 to 10. The numbers 1 through 10 are printed along the horizontal axis, with 1 at the center and 10 at the outer edge. The entire wheel is drawn with black lines on a white background.

QUESTIONS

Here are tailored questions for each area of the Wheel of Life to help you reflect and accurately assess it.

1. Health

How well am I managing my energy levels to meet the demands of my life?
Am I prioritizing my physical and mental well-being amidst my busy schedules?
Do I regularly engage in physical activity, eat nourishing meals, and get restful sleep?

2. Career

Do I feel valued and fulfilled in my current role at work?
Am I making progress toward the career advancement I desire?
Am I navigating workplace challenges in a way that aligns with my goals and values?

3. Finances

Do I feel financially secure and confident in my ability to manage my money?
Is my spending aligned with my personal values and long-term priorities?
Am I taking steps to save and invest in my future?
Do I feel fairly compensated for the effort and value I bring to my work?

4. Relationships

Do I feel connected to and supported by my family, friends, or partner?
Are my relationships nurturing, or are they draining my energy?
Am I setting and maintaining boundaries that allow for healthy interactions?
Am I dedicating enough meaningful time to the people who matter most to me?

5. Personal Growth

Am I actively seeking opportunities to learn, develop, and grow as a person?
Do I regularly reflect on whether my actions align with my core values?
Am I stepping outside my comfort zone to explore new possibilities and perspectives?
Do I feel a sense of progress toward becoming the person I aspire to be?

6. Fun and Recreation

Do I allow myself time to relax and enjoy activities that bring me joy?
Am I exploring hobbies or experiences that excite and energize me?
Do I feel guilty or pressured when I take time for myself, and how can I address that?

QUESTIONS

7. Spirituality

Do I feel connected to a deeper sense of purpose, meaning, or faith in my life?

Am I practicing mindfulness, gratitude, or other habits that help me stay grounded and present?

Are there activities or practices in my life that nurture my spirit and sense of well-being?

8. Environment

Does my living and working space support my productivity, comfort, and peace of mind?

Am I surrounded by people and environments that uplift and inspire me?

Am I making conscious choices to create a positive impact on my surroundings?

SCORING

Step 1 – Scoring each area

Rate each category and mark it on the wheel on a scale from 1 to 10

1 = I am very dissatisfied

10 = I am fully satisfied

Base your score on your gut feeling and answers/ reflection to the above questions.

Step 2 – Connect the dots...

Connect the scoring for each category to see how balanced your life is.

Step 3 – Evaluation

Ask yourself –

- *What stands out?*

Which areas of my life feel most satisfying or fulfilling right now?

Are there areas where I feel a consistent struggle or dissatisfaction?

Is there a specific imbalance that's been weighing on me recently?

- *Are there any areas that feel neglected or imbalanced?*

Am I dedicating enough time and energy to the areas of life that truly matter to me?

Are there aspects of my life where I've been ignoring my own needs or values?

Where do I feel I'm overextending myself or spreading too thin?

- *What is the most important to me right now?*

What is currently my biggest source of stress or discomfort?

Which area of my life feels most urgent or deserving of my attention?

What aligns most closely with my personal values and long-term aspirations?

- *Which area, if improved, would have the biggest positive impact on my life?*

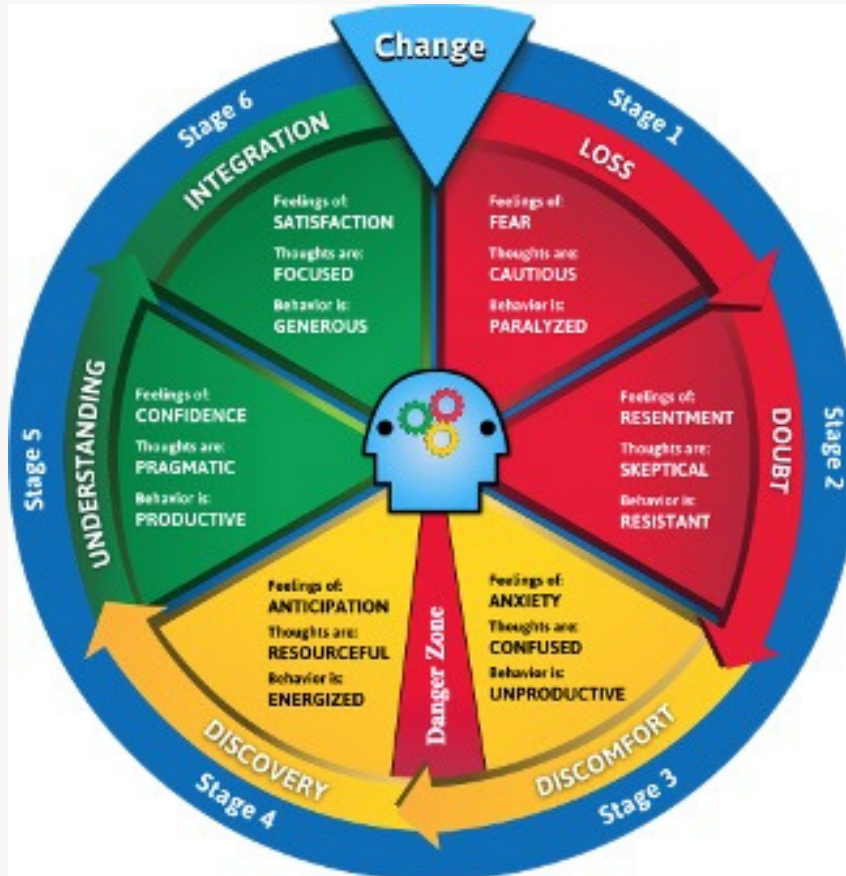
If I could make one change that would bring me closer to balance and fulfilment, what would it be?

What small, realistic step can I take in this area to create momentum?

How would improving this area positively affect other parts of my life?

BONUS

The change cycle and when to be careful/ where the danger zone happens (marked in red)



Source: <https://changecycle.com/change-cycle>

Each colour on the wheel represents the traffic light system. Red – danger, yellow – be careful, green – you are good.

Be aware that emotional resistance is the strongest at the danger zone, and there is a strong risk of retreating to old comfort zone.

What to do?

Just acknowledge this and keep going. It will pass. **Remember, people often misinterpret this stage as failure rather than a natural part of growth.**

Why does it matter?

Understanding that discomfort is temporary and necessary for growth helps navigate through this phase without abandoning the change process.

Strategies like mindfulness, coaching, or small, actionable steps can ease progress through this critical stage.

Step 4 – The BIG action plan

You are 50% ahead! Times to roll your sleeves!

Baby Step 1 – Choose 1 area at a time to focus on

Tip! Start with what feels most urgent, offers a greatest potential for improvement or you feel the most motivated to make changes.

Write it here:

1. _____

Baby Step 2 – Set SMART goals

SMART stands for Specific, Measurable, Achievable, Relevant, Time-bound.

area	my SMART goal	steps to achieve it
health	Exercise for 30 min, 5 times a week for the next 4 months	1.walking (or other activity that I enjoy) 2.block 30 min in my calendar Mon-Fri 3. set a reminder and stay consistent 4. track my progress by marking each completed activity in in my diary
finance	save additional £100 per month for the next 12 months for...[goal]	1. evaluate my monthly budget 2. see where I can limit my spendings or what are the options to make money 3. brainstorm the ideas and pick 3 most realistic 4. take action by ...[i.e. end of this week]
		1. 2. 3. 4.

Baby step 3 - Track progress

Here is the exemplary tracking template that can help you track and reflect on the progress.

week	area	action taken	challenges	next steps
1	health	walked 30 min 3 days p/w - not 5	severe weather conditions	replace walks with Pillates on bad weather days
1	finance	cancelled unused subscriptions (£30pm) + home made lunches (£70pm)	3x this week, I have bought lunches	prepare lunches the evening before

Celebrate small wins each week to maintain momentum.

Great job!

Remember to congratulate yourself for taking time and assessing your life, being honest with yourself (this brings courage into play) and stepping into action!

Reassess your wheel of life every 6 months and adjust the course where required.

You can ask yourself these questions:

Have my scores improved in the area I focused on?
Is there a new area I'd like to address?
How has my overall balance changed?

Thank you.

Wishing you happy and fruitful life!

Need a support? Let's work together to create a life you love!

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