

Wheels of life

Create an overview of how life is,
a vision of how life could be.

MARGARET COLLINS
Confidence | Clarity | Courage
visit MargaretCollins.com

Using the

WHEELS OF LIFE

Worksheet

This simple tool allows you to create an overview of how life currently is and a vision of how life could be.

The wheels on the following pages have been created to represent things that are often important in our lives, our job or career, the skills we exercise during leadership or management.

Score each attribute as it applies to you.
If something isn't relevant to you, leave it out.
If you feel something important to you is missing, simply add it in.

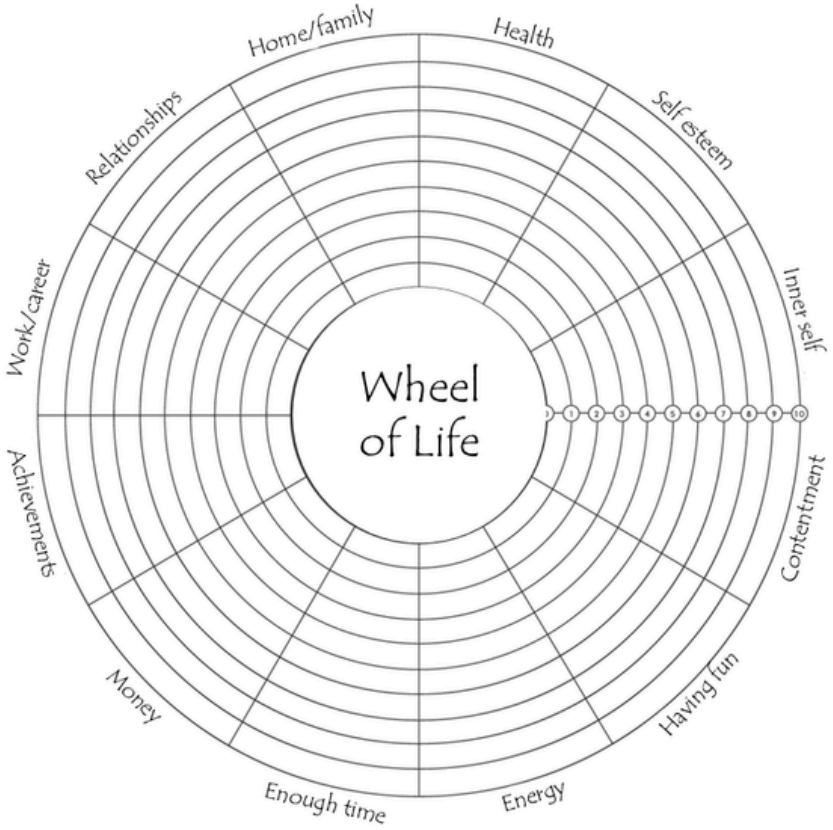
These are my reflections

.....

on ___ /___ /_____

WHEEL OF LIFE

Use this wheel to create a general overview, a snapshot of your life right now.
Rate yourself from 0 - 10 on the chart below, with 10 being just how you like it.
A zero score means you're very dissatisfied with this aspect of your life.
You might see patterns. You might see how things are linked, how one thing is pulling others down or how making one change might make bigger improvements.
You might see priorities: "This" isn't great but I can live with it for now. I'm choosing to work on "that" because...



You might want to keep a visual record of your scores on the wheel.
If you prefer, record the numbers in the table on the next page.

Notes

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SUMMARY OF RATINGS

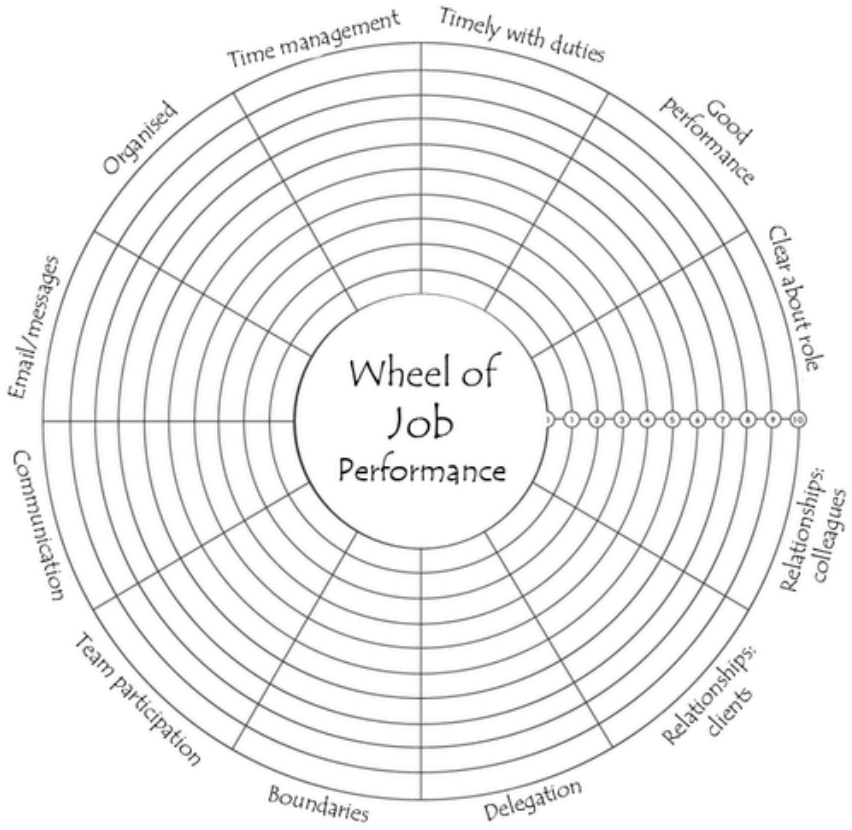
Relationship	Your rating /10	Does this need work? (y) (n)	Reflections:
Home-family	Your rating /10	Does this need work? (y) (n)	Reflections:
Health	Your rating /10	Does this need work? (y) (n)	Reflections:
Self-esteem	Your rating /10	Does this need work? (y) (n)	Reflections:
Inner-self	Your rating /10	Does this need work? (y) (n)	Reflections:
Contentment	Your rating /10	Does this need work? (y) (n)	Reflections:
Energy	Your rating /10	Does this need work? (y) (n)	Reflections:
Work-career	Your rating /10	Does this need work? (y) (n)	Reflections:
Achievements	Your rating /10	Does this need work? (y) (n)	Reflections:
Money	Your rating /10	Does this need work? (y) (n)	Reflections:
Having fun	Your rating /10	Does this need work? (y) (n)	Reflections:
Enough time	Your rating /10	Does this need work? (y) (n)	Reflections:

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WHEEL OF JOB PERFORMANCE

Use this wheel to reflect on more specific aspects of your job performance
Rate yourself from 0 - 10 on the chart below, with 10 being just how you like it.
A zero score means you're very dissatisfied with this aspect of your life.
You might see patterns. You might see how things are linked, how one thing is pulling others down or how making one change might make bigger improvements.
You might see priorities: "This" isn't great but I can live with it for now. I'm choosing to work on "that" because...



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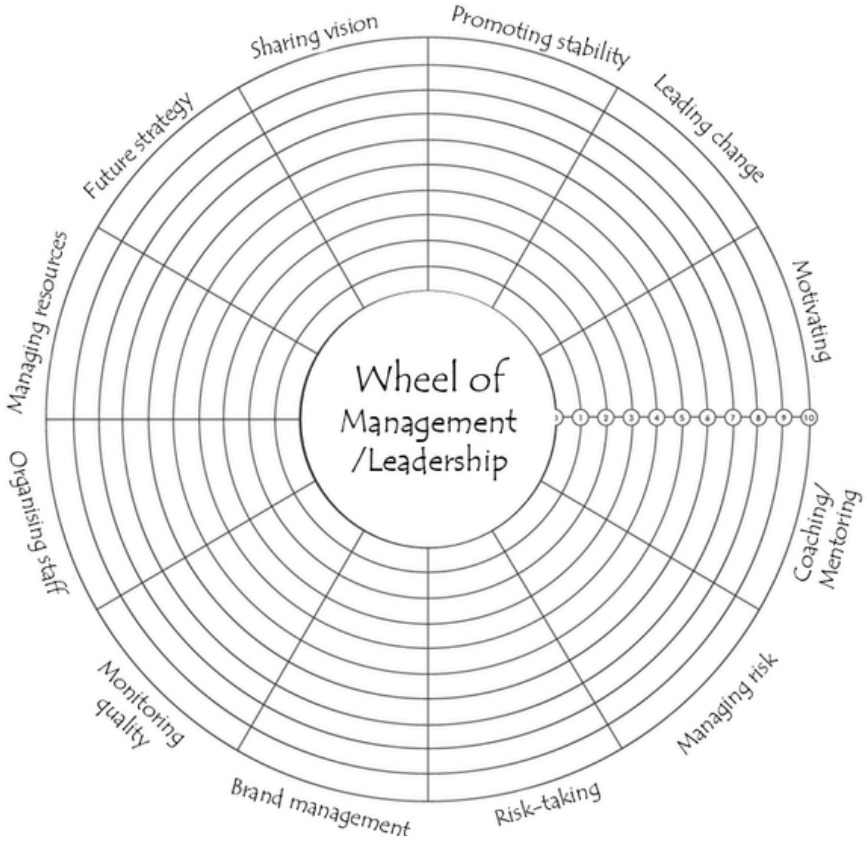
SUMMARY OF RATINGS

Time management	Your rating /10	Does this need work? (y) (n)	Reflections:
Organised	Your rating /10	Does this need work? (y) (n)	Reflections:
Email-messages	Your rating /10	Does this need work? (y) (n)	Reflections:
Communication	Your rating /10	Does this need work? (y) (n)	Reflections:
Team participation	Your rating /10	Does this need work? (y) (n)	Reflections:
Boundaries	Your rating /10	Does this need work? (y) (n)	Reflections:
Delegation	Your rating /10	Does this need work? (y) (n)	Reflections:
Timely with dutues	Your rating /10	Does this need work? (y) (n)	Reflections:
Good performance	Your rating /10	Does this need work? (y) (n)	Reflections:
Clear about role	Your rating /10	Does this need work? (y) (n)	Reflections:
Relationships: Colleages	Your rating /10	Does this need work? (y) (n)	Reflections:
Relationships: Clients	Your rating /10	Does this need work? (y) (n)	Reflections:

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WHEEL OF MANAGEMENT/LEADERSHIP

Use this wheel to reflect on the skills you use in conscious leadership or management.
Rate yourself from 0 - 10 on the chart below, with 10 being just how you like it.
A zero score means you're very dissatisfied with this aspect of your life.
You might see patterns. You might see how things are linked, how one thing is pulling others down or how making one change might make bigger improvements.
You might see priorities: "This" isn't great but I can live with it for now. I'm choosing to work on "that" because...



You might want to keep a visual record of your scores on the wheel.
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SUMMARY OF RATINGS

Sharing vision	Your rating /10	Does this need work? (y) (n)	Reflections:
Future strategy	Your rating /10	Does this need work? (y) (n)	Reflections:
Managing resources	Your rating /10	Does this need work? (y) (n)	Reflections:
Organising staff	Your rating /10	Does this need work? (y) (n)	Reflections:
Monitoring quality	Your rating /10	Does this need work? (y) (n)	Reflections:
Brand management	Your rating /10	Does this need work? (y) (n)	Reflections:
Promoting stability	Your rating /10	Does this need work? (y) (n)	Reflections:
Leading change	Your rating /10	Does this need work? (y) (n)	Reflections:
Motivating	Your rating /10	Does this need work? (y) (n)	Reflections:
Coaching/Mentoring	Your rating /10	Does this need work? (y) (n)	Reflections:
Risk management	Your rating /10	Does this need work? (y) (n)	Reflections:
Risk-taking	Your rating /10	Does this need work? (y) (n)	Reflections:

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NOTES AND

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You should now have a picture, a snapshot of your life, personal and professional.
This is your opportunity to focus on change, growth or balance.
By focussing on a small number of specific areas you will see results more quickly and will build momentum for future growth.

Now select, maybe three areas to work on, improve or change.
In the spaces below take some time to write:
Why have you selected these are your top priorities?
How will you know when things are getting better - good enough?

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