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HELPLINE

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Coronavirus update: We continue to be here to provide mental health and wellbeing support to all education staff.

Creating a Wheel of Life

The Wheel of Life allows you to get a snapshot of how satisfied you are in your life at this moment in time.

In this exercise there are ten pre-defined domains on the wheel:

1. Money & finance
2. Career & work
3. Health & fitness
4. Fun & recreation
5. Friends
6. Environment (the environment you live, work or spend time in)
7. Family
8. Partner & love
9. Growth & learning
10. Spirituality

Note: if a particular domain has no relevance to your life, simply delete it or add in something that does have meaning and significance for you.

Creating your Wheel of Life

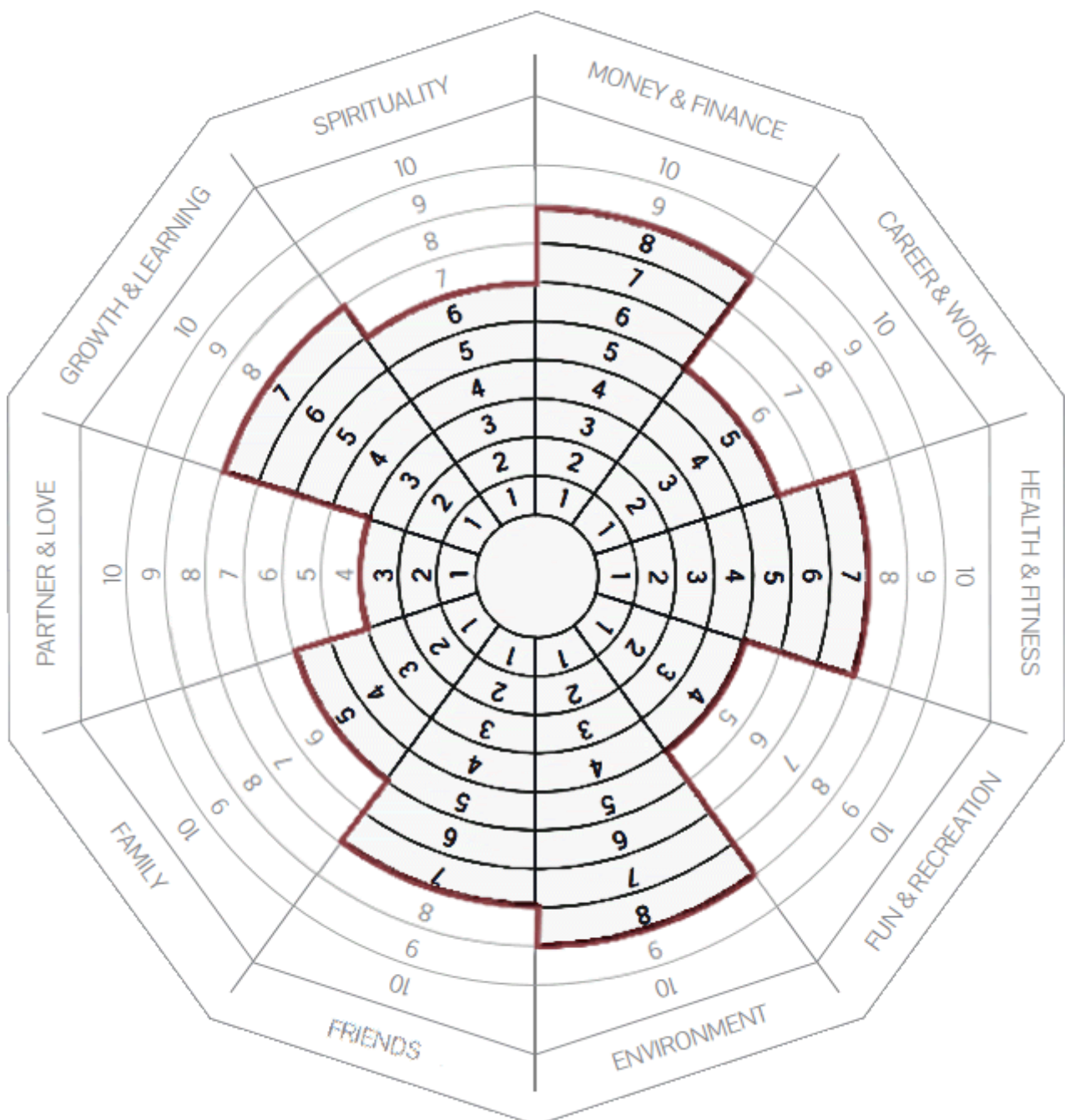
- Select the domains that have relevance to you.
- Rate your level of satisfaction from 1-10 in each of the domains using the template wheel below.

A score of 1 = you are not satisfied at all

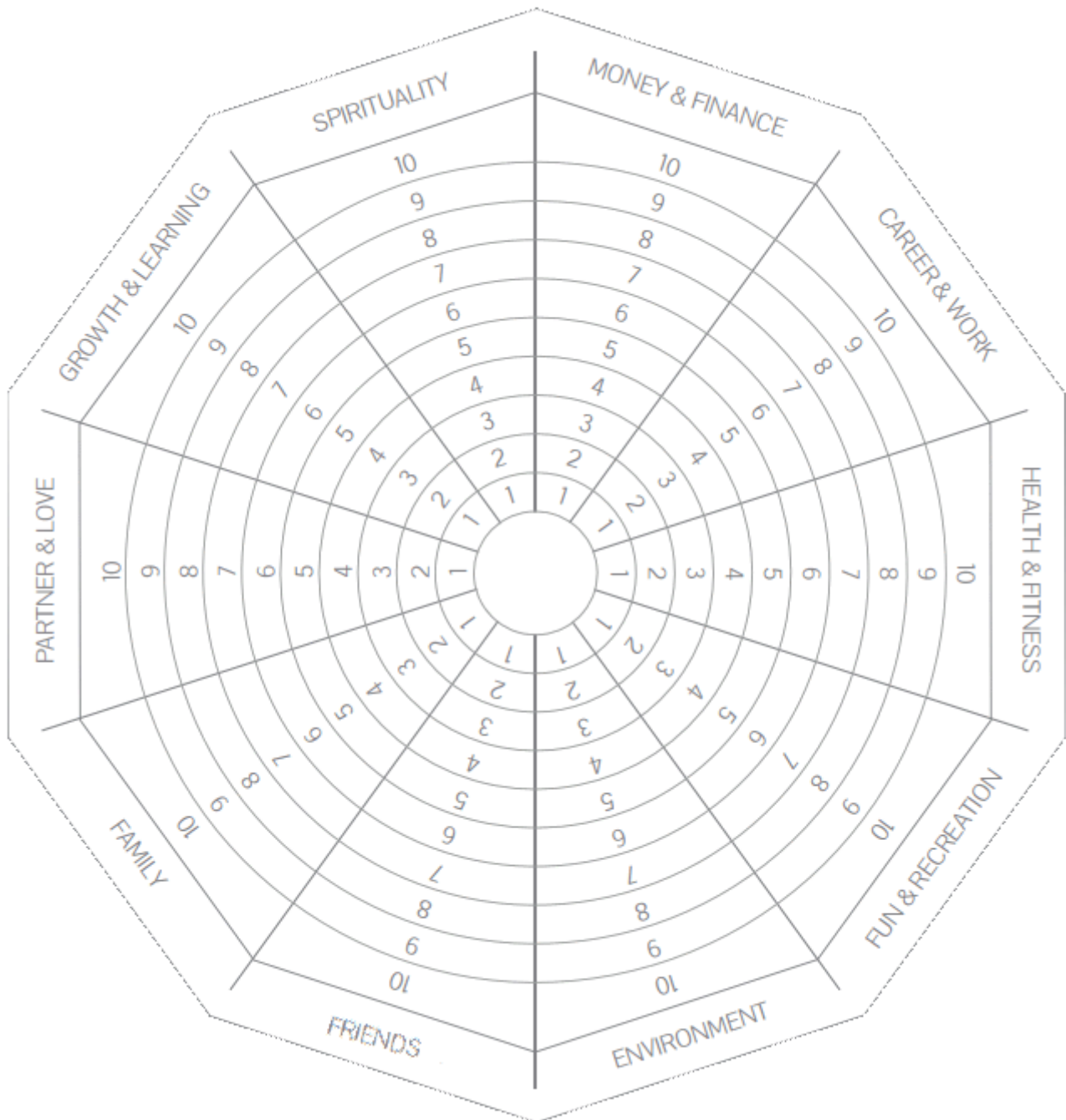
A score of 10 = you are highly satisfied

- After you've rated each of the domains, shade in that segment to form an inner wheel. This will give you an overview of the level of satisfaction in your life right now
- Now give each domain a number to indicate its importance or priority. E.g. rank all domains from 1 onwards where 1 is the domain that is most important to you. Sometimes people have 2 domains that are of equal importance

Example of a Wheel of Life



Your template Wheel of Life



Answer the questions below once you have completed your wheel of life

Looking at your Wheel of Life answer the following questions:

- What does your wheel of life say to you?
- What domains are you happy with?
- What domains would you like to improve?
- What would it take to increase the scores of the domains you would like to improve?

- Does your wheel of life include things that make you feel in the “flow” (flow means things that you love, you have the skills to do and provide the right amount of challenge to stimulate but not stress you)? If not, what can you do to improve this?
- Does your wheel of life allow you to focus on the things you are good at and interested in? If not, what can you do to improve this?
- Does your wheel of life focus on your values (the things that you believe in)? If not, what can you do to improve this?
- Does your wheel of life help you to be as productive as possible, look after your physical and emotional health and try and boost the ability of your prefrontal cortex?
- Looking at all the things you could do to increase your scores, what can you do in terms of time and resources, what are quick wins that will not take up much time or resources that you can just do, are there things that could have an impact on a number of domains e.g. going out running with my partner, what things do you need to give up on and are there other ways you could achieve them?

NB: Make sure your actions fit into your schedule and do not make you too busy or stressed

Write down your actions to improve your work life balance with deadlines or timescales.

What can you do?

Ideas for creating a Wheel of Life

Managing technology

Call our helpline for emotional support: 08000 562561