

# Blank Wheel Grids

On the next few pages there are a number of grids which can be used for the two Wheels exercises.

The blank grids can be customized to suit you. They are set up as a series of 10 concentric circles. For the purpose of using the grid the innermost circle represents 1 for the lowest value and the outermost 10, the highest value.

The grids are currently subdivided into 8 segments. If you want to add more segments at any time then further divide the circles, but remember we are looking at your priorities not every aspect of your life or work.

## Exercises with the Wheel Grids

### 1. Your Life Satisfaction Assessment

1. Write a list of the most important areas of your life. Examples could include, career/work, significant other, family members, friends, faith or spirituality, creativity, health, physical well-being, exercise, money /finances, education/training, use of discretionary time, home, physical environment/location where you live/work, intellectual life, fun, hobbies, time for personal development, a particular project e.g. writing etc.

2. Now, look at your list and prioritize the key elements of your life. What are key elements for you that may not be for someone else - this is not important. The purpose of the exercise is to think about your life and to think of it in the round. So when you decide from your list the 8 or so most important arenas of your life, pick so there is a balance between work, play, relationships and you.

3. Label each segment of the circle with one of your key life areas. If you need to make a sub-division to add more segments do so. You may want for example, to tease out significant other, immediate family, other family and friends, rather than have a single segment labelled relationships.

4. Ask yourself the following question in relation to each of the key life areas you have selected.

'How satisfied with xxx (whatever the life segment on your grid is) am I right now?' Pick a point on a scale of 1 to 10. 1 being not at all satisfied and 10 being, it really couldn't be much better than this.

5. Mark your response on the spoke of the wheel for that segment. To reduce any confusion I suggest the spoke for the segment be the right hand spoke for each segment.

6. Work through all your life segments.

7. Join the scores you have given and look at the shape.

- What occurs to you about this shape ?
- How even is it ?
- Are there peaks and troughs?
- Are there reasons for the shape?
- Was it always this sort of shape?
- Is this a satisfying overall shape to you?

## 2. Aspects of Working Life

This exercise is similar to the life wheel. Here however the focus is on what it is that makes up working life for you.

1. Make a list of skills, aspects of the industry you work in, aspects of the role that you play each day/week. Examples could include; IT, colleagues, lack of colleagues if you're a sole entrepreneur, sales, doing the books, the boss, organizational culture, opportunities to innovate, seeing a project to a close, control and autonomy, resources or budget etc. think about what aspects are important to you and are features of your working life.
2. Decide what aspects you want to include in your Work Wheel. Label the segments.
3. Ask yourself " What is my level of satisfaction right now with XXX segment of my working life? "
4. Plot your responses on your wheel, 1 really low and 10 couldn't be much better.
5. Join your responses with a line.
6. Look at the pattern that you have created. Any observation that you might make about this ?

These exercises can be undertaken at several intervals as you set yourself some goals and make some changes. You can see what, if anything, changes over time.

It's an exercise that can be applied to other important life areas.









