

RESOURCES

# THE WHEEL OF LIFE



**LEADERSHIP &  
EXECUTIVE  
COACHING**

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# THE WHEEL OF LIFE

We don't just bring our work minds into the office. We bring our whole selves. When life is good, we work better, have better conversations and are more energised, focused and fulfilled.

As a leader, you need to be balanced. When you are stressed, not sleeping, having relationship issues or not having enough leisure time, your leadership ability will be impacted.

## BALANCED LEADERSHIP

The wheel life is an exercise that we do at the start and end of every coaching contract. It is a snap shot of where you re right now and helps you to focus on which areas of your life you need to focus on to be more effective and present.

It focuses on the 8 key areas of your life. When life is out of balance, the ride is bumpy. When we put energy into one aspect of our life, we often neglect another..

Coaching will help you prioritise actions t help smooth the ride so you are a better leader.

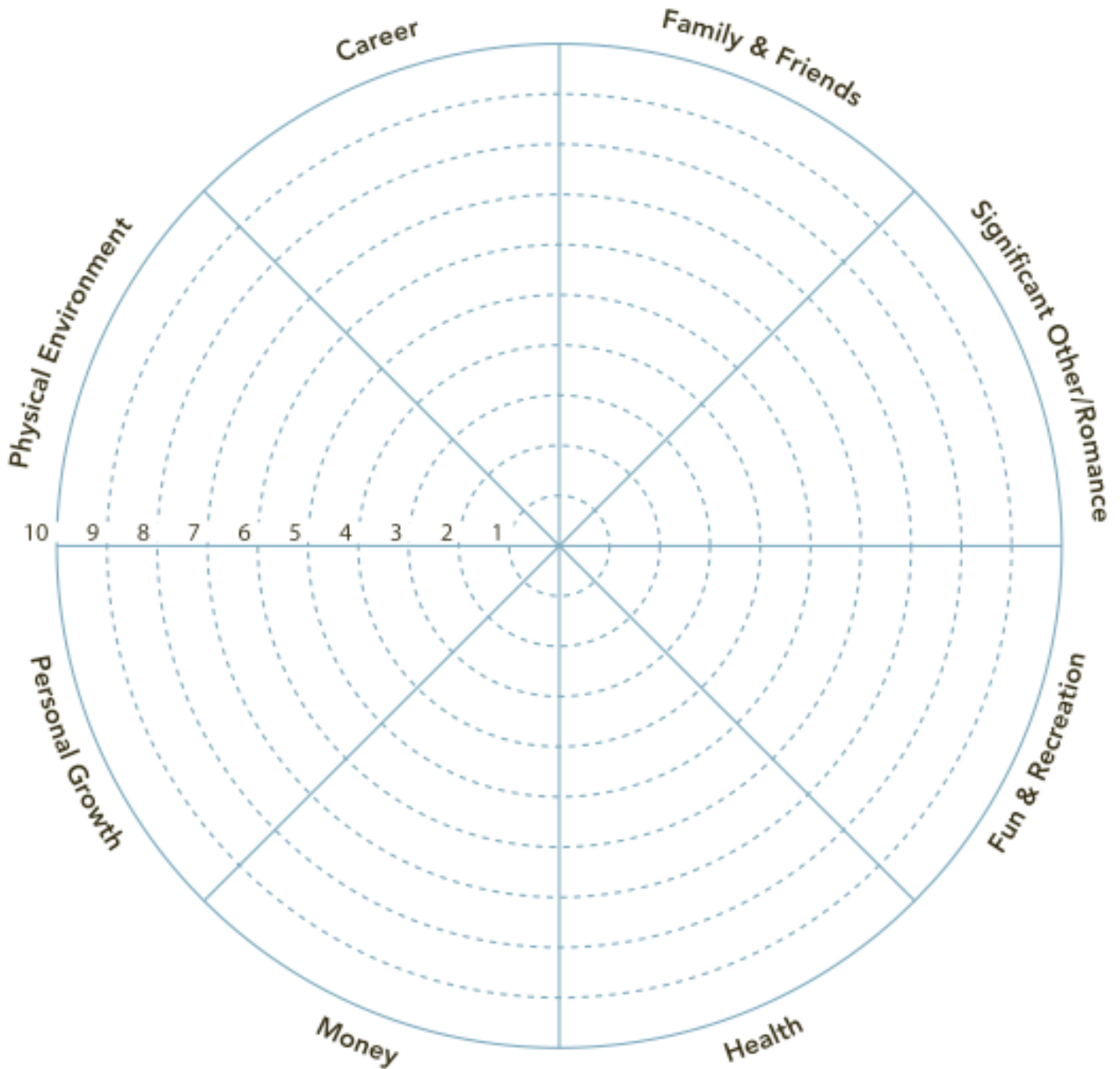


For each of the segments, rate who satisfied or fulfilled you are right now. Be honest.

Imagine 10 being the best and happiest you could be. You would change nothing, it is exactly as you want it to be.

Now let's make a start.

# SNAPSHOT OF YOUR LIFE



## Career

I love my job  
my skills are being fully utilised  
I have the opportunity to learn and grow

## Physical Environment

I have everything I need  
Where I work and live energise and calm me

## Personal Growth

I feel like I am growing and exploring new ways of thinking, new ideas and skills. I know myself and why I behave the way I behave.

## Money

I have enough money to live a fulfilling life. I do not need to worry and I feel secure. .

## Health.

I feel like my mind and body are healthy and allows me to do what I want to do. I am making decisions that make me healthier.

## Fun & recreation

I am enjoying life and spending time on activities that give me joy, meaning and fun.

## Significant other

I am able to be trusting and vulnerable with my significant other. I am leaning into intimacy.

## Family and Friends

I spend quality time with family and friends and my relationships are strong and fulfilling. I am giving as much as I am taking.

# PRIORITISING

How balanced is your wheel?

Now you need to explore actions to help you move closer to a more balanced life.

What can you do to amplify one segment without reducing another?

What one small action or decision will have the biggest impact on your life right now?

What do you need to stop being or doing?  
What do you need to start being or doing?

If you want some help answering these questions, then book your discovery session and get clarity and focus over your priorities.