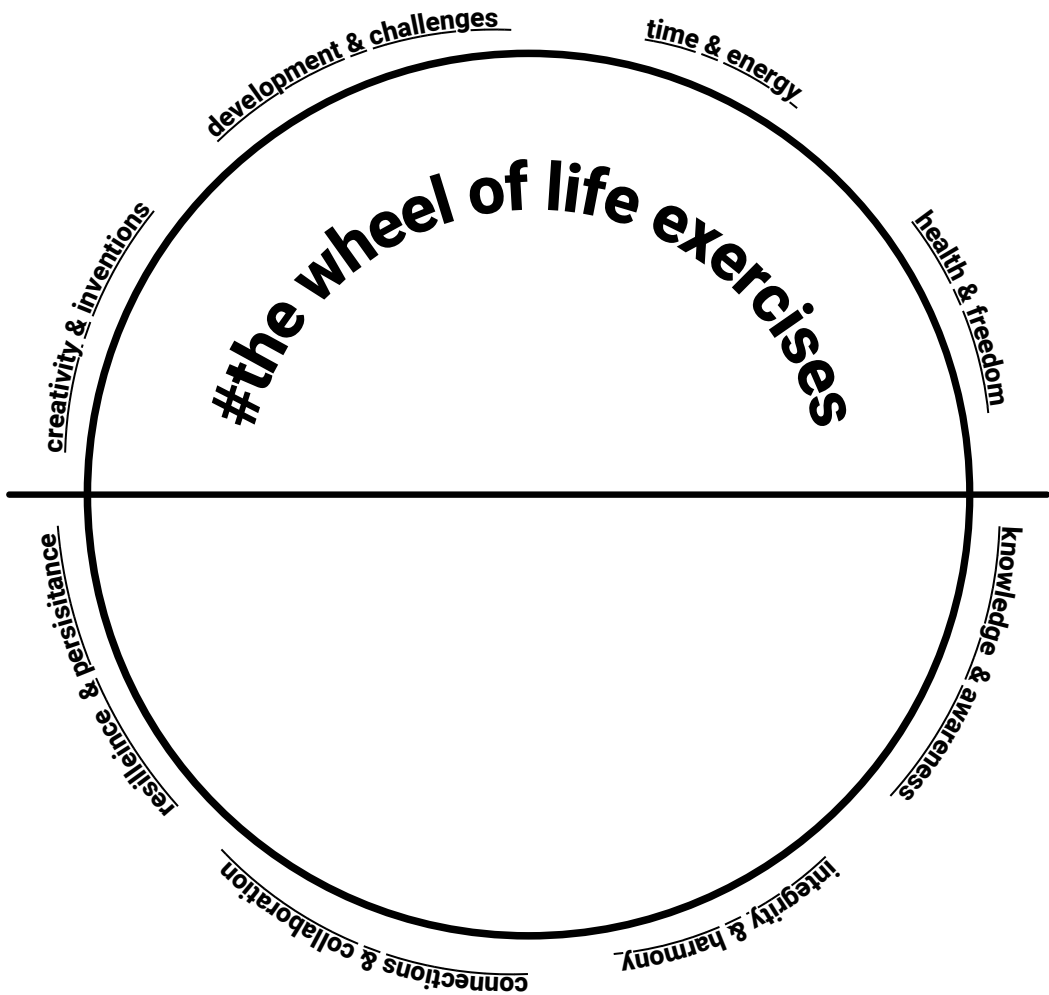


#the\_wheel\_of\_life exercise



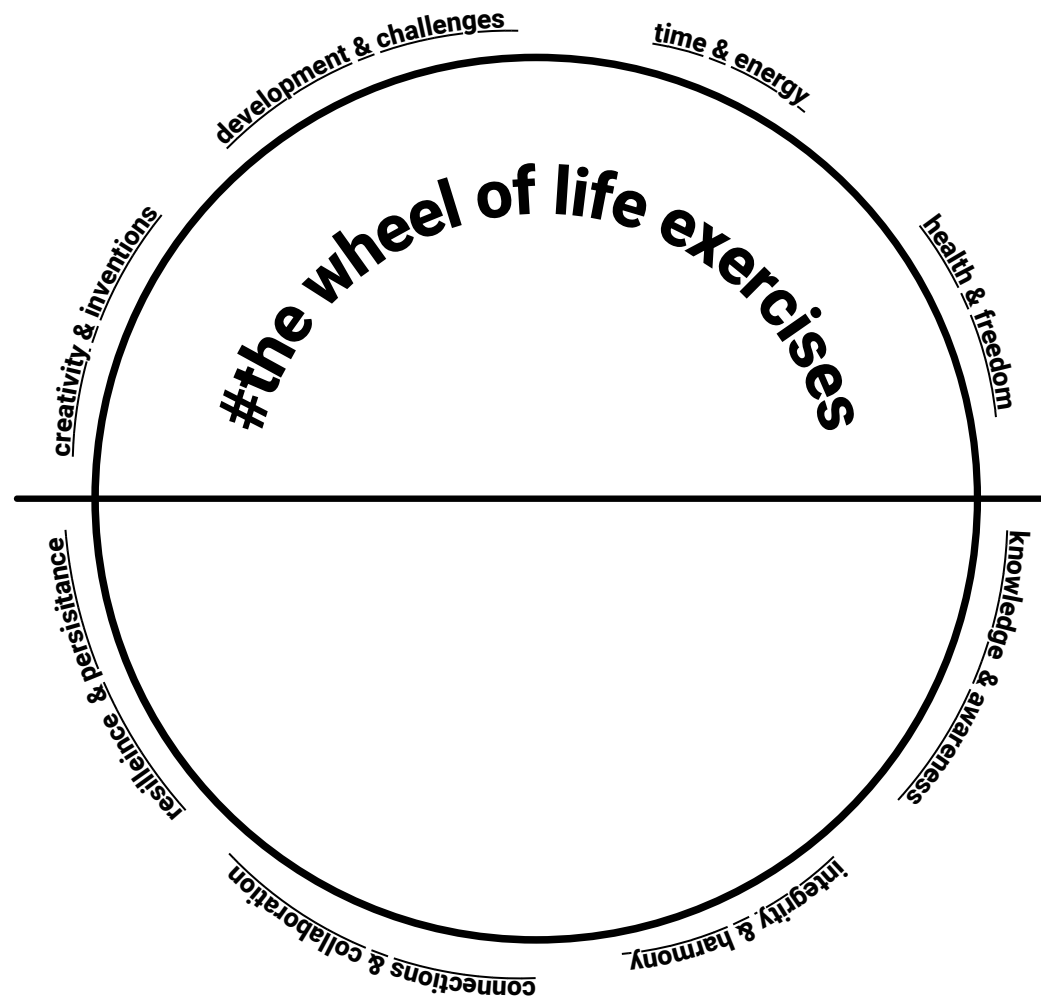
Aims:

The wheel of life exercise aims to support you in managing your wellbeing by analysing your goals and aspirations for having a fulfilling future.

EIGHT  
ESSENTIAL  
AREAS

By Olcay Morreale  
Tutor/ Mentor/ Trainer

## #the\_wheel\_of\_life exercise



### Objectives:

- Understanding who you are: Find your purpose and realise your potential
- Exploring existing goals, motivations, fears, habitual responses, values, etc.
- Chasing for new aspirations and further personal and professional developments

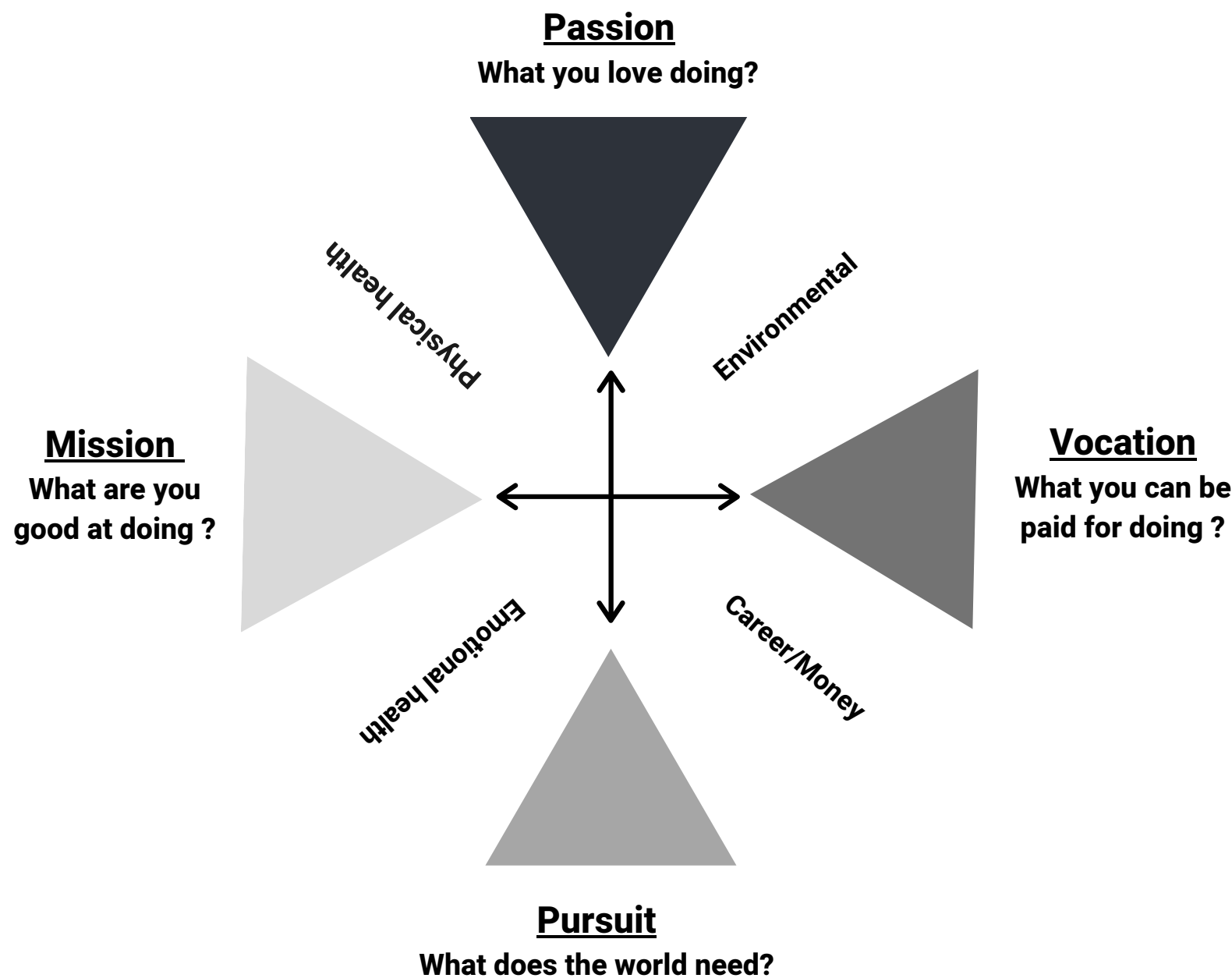
EIGHT  
ESSENTIAL  
AREAS

# Skill analysis exercise

Professional development & self-grow

Exploring these four areas can help you to discover your:

- Mission** - those things you are good at
- Passion** - those things that you love
- Vocation** - those things that you can be paid for
- Pursuit** - those things the world needs



# What are the top personal goals you want to accomplish in the next 1 / 5 / 10 years time?

Professional Development & Goal Settings

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## **Commitment to Improved Physical Health**

A good place to start when talking about life goals is to make sure you actually have a life 10 years from now. That certainly starts with good physical health. There are no guarantees on living a long life, but it is possible to greatly increase your odds. Create an exercise plan that you enjoy and relish. Make sure that 10 years from now you are as vibrant and capable as you are right now.

## **Career Passion and Personal Satisfaction**

When people set goals, they almost always look towards their careers first. That is a mistake, but that's not to say your career isn't important, because it certainly is. Are you a workaholic? On the flip side, are you lazy and uninspired? Once again, balance is required to fully reach your career potential, no matter what it is you do.

Employers respond very positively to employees they can trust. Healthy attitudes, strong aptitude, and good people skills are essential to get ahead.

## **Financial Stability**

When we look at how we invest our time and our talents as well as our resources we are better equipped to understand our financial wellbeing as it relates to the world's needs. Understanding how we interface with opportunities to serve helps clarify values and adds perspective

## **Continuing Education**

Every day lived is another piece of your education. What are you doing with the knowledge you have absorbed? 10 years from now you will not be the same man and have the same thoughts. That process needs to be focused and nurtured. Do not fear change, because it's going to come anyway. Embrace it and shape it instead. Set your goals so that 10 years from now you are wiser, more adaptable and more complete.

## **Proper Mindset and Balance**

What is your attitude like? Are you overly aggressive and abrasive? Timid and self-defeating? Your mindset needs to be in proper balance. Too much or too little of any one particular ingredient can send you in the wrong direction. Personal growth occurs as we begin to learn exactly who we are. Our strengths and our weaknesses. Smart goals are ones we set that positively grow us. So carefully consider the man/woman you want to be, and set your sights on how to achieve it.

## **Family, Friends, Community and Harmony**

Maintaining and expanding and restoring, and healing in this area should absolutely be a top priority in your personal goals. Pinpoint the relationships in the direst condition. It could be that your marriage is in severe trouble. Possibly your relationship with an ex-wife creates great pain in your entire family. Perhaps it's effective communication issues with your children. Wherever the danger points are, the goal is to determine them and devise a plan for resolving the issues. Be sure to highlight where you have succeeded as well and how you might grow those seeds elsewhere.

The goal is to live in peace and harmony.

**#the\_wheel\_of\_life exercises**

## #the\_wheel\_of\_life exercise

This exercise is about break down the key priorities to help you figure out the most important things to focus on personal & professional development.

You can make a personal one for yourself.

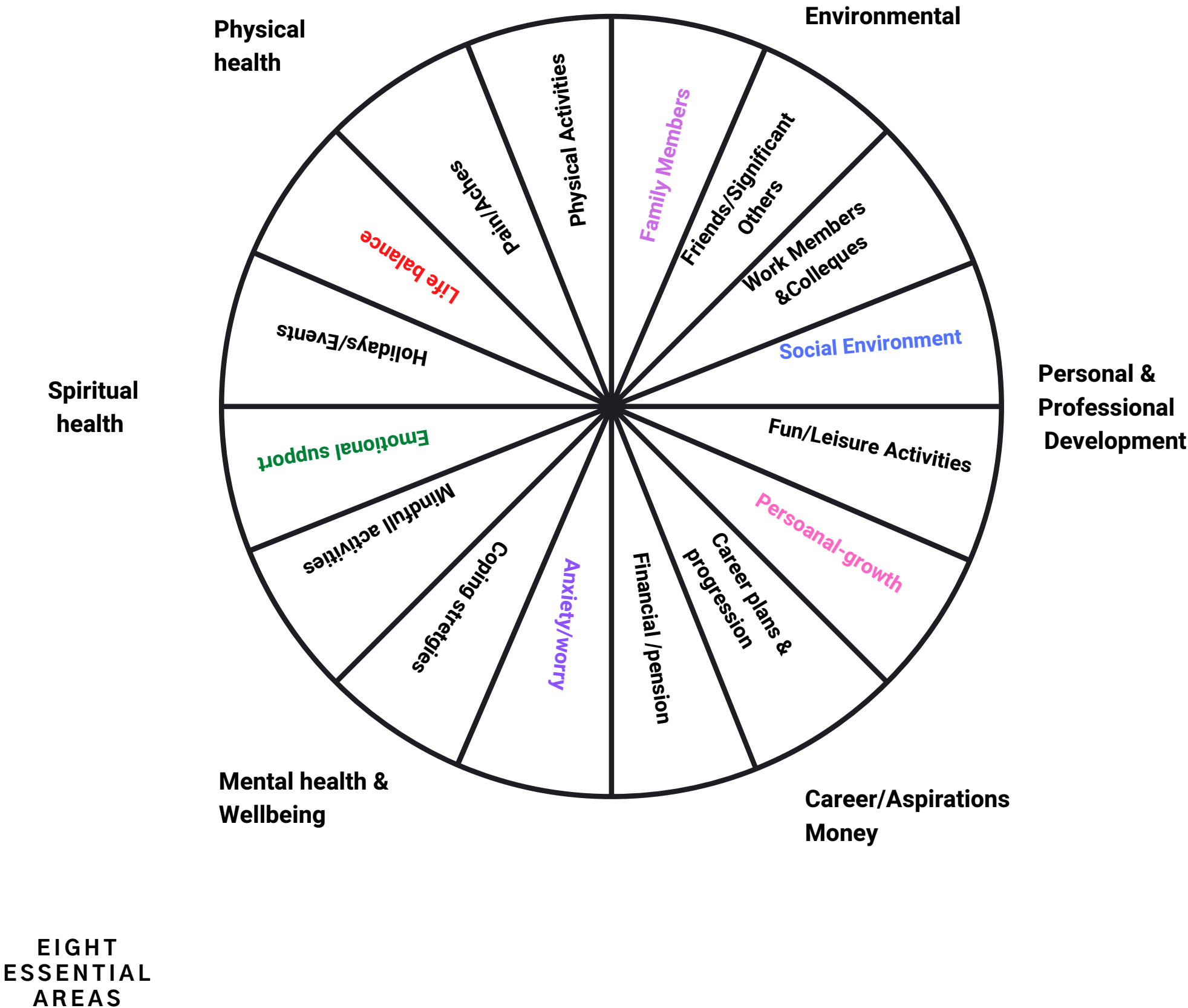


### Instruction:

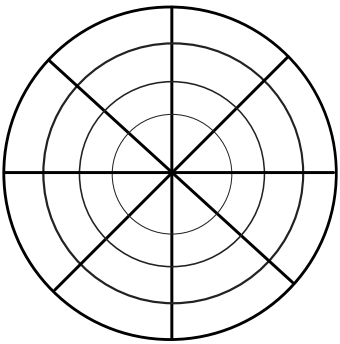
- Draw circles: 8 division 8 spaces
- Pick one of your priorities to focus on
- How satisfied are you now in each area?
- Describe the 10/10 in this one area. e.g: career plans
- Three actions you could take to move you one step closer towards a score of 10
- Pick one of the three that can do it in the short term, long term and lifetime.

EIGHT  
ESSENTIAL  
AREAS

#the\_wheel\_of\_life exercise



# #the\_wheel\_of\_life exercise



After filling in all of the scores, The Wheel of Life is completed. The spider web now shows any surprises, peaks and drops or regularity. With scores from 8 to 10, you are very satisfied in a specific category.

It is important to ensure that this is maintained, but that improvement in this area is always possible. With scores from 5 to 7, you are reasonably satisfied with a category, but there is definitely a chance for improvement and to achieve goals.

Scores from 1 to 4 show that someone is not happy at all about this particular area. You have to find ways to improve the satisfaction here.

---

## Self-Reflection:

The following questions can be useful for this:

- Why did you give yourself such a low score in this category?
- What is the ideal score for each category?
- What score do you want to achieve after a month, after 3 months, after 6 months and after a year?
- Which categories scoreless?
- Which categories are of individual importance to be able to achieve balance?

# Goal setting Ideas

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## What Values Truly Motivate You?

Choose your top 3 priorities:

**Growth-oriented/progress-oriented**

**Seeking out for personal development & improvement**

**Relationship Building, Collaborative, Engaged, Networking**

**Intense, Clear focused, Disciplined, Persistent**

**Tenacious, Full of grit, Assertive, Taking Initiatives,**

**Connected, In touch with wider world, Artistic**

**Creative & Innovative, Fresh ideas, New perspectives**

**Caring, Compassion, Empathic**

**Openness, Curious, Multi-cultured, Holistic**

**Integrity, Honesty, Loyalty**

**Kindness, Value-driven, Unbiased, Objective**

**Resilience, Courageous, Optimistic, Risk-taker**





# Goal setting

## Goal Setting with S.M.A.R.T Model

Personal SMART Goals Examples: Walk 30 minutes a day, 5 days a week, Keep a journal, volunteer regularly....

<b>S</b>	<b>SPECIFIC</b>	Make your goals specific and narrow for more effective planning.
<b>M</b>	<b>MEASURABLE</b>	Define what evidence will prove you're making progress and reevaluate when necessary
<b>A</b>	<b>ACHIEVABLE</b>	Make sure you can reasonably accomplish your goal within a certain timeframe
<b>R</b>	<b>REALISTIC</b>	Your goals should align and with your values and long term objectives
<b>T</b>	<b>TIME-BOUND</b>	Set a realistic, ambitious end date for task prioritization and motivation

### What should good goals have?

- 1. Clarity- it should be clear, unambiguous & precise
- 2. Challenging- challenging but attainable
- 3. Realistic – stretch you out of your comfort zone by 10% -50 %
- 4. Commitment – your connection to the goal.
- 5. Performances are strongest when people are fully committed to them.
- 6. Give yourself a score/Feedback – you can see how you are progressing

## **Different Types of Goals Based on Time**

Goals can be categorised along different dimensions. Take, for instance; TIME BOUNDED goals. If you take on too many short term goals, for instance, you may bite off more than you can chew and fail a few. However, there is always time to try them again with a better understanding of your personal limits. We use the S.M.A.R.T model for this task.

### **SMART EXERCISE:**

List up to 3 goals that you are currently pursuing. This can be small goals or large goals, anything that you are aiming to accomplish.

Goal #1:

Goal #2:

Goal #3:

### **TYPE OF A GOAL :**

**LIFELONG:** This goal can be a lifetime commitment

**LONG TERM:** This goal can be achieved in the near future

**SHORT TERM:** This is a goal one envisions for the distant future.

**STEPPING STONE GOAL:** These are transactional goals. Think of these as action steps that allow you to reach bigger goals.\_

### **PROTOTYPE GOALS:**

**Archive a personal goalL:** Get a job/promotion

Take a class on RECOVERY COLLEGE. Courses namely...

**Cut expenses:** Eat out really,

**Make hard decisions:** Limit mobile device plans/

**Specific goal:** Pay off as much debt as I can every month/Finishing a Master's by the end of the year

# Different Types of Goals Based on Time/

## An Exercise

SCOPE	TYPE OF GOAL	S.M.A.R.T EXAMPLE
Losing weight	Short term 3 months	I'm going to follow the NHS weight loss plan app training program to lose 5 kilos in 12 weeks from now without stopping.
Writing a children book	Short term 6 months	I'm going to write a 60,000-word novel in 6 months, finishing on January 30th. I will do this by writing 2,500 words per week.
Improve relationships	Long term 12 months	I will call Rose, Leon and Mum twice per week for a year to improve my relationships with them within a year.
Start a new businesss	Long term 12 months	I will start a plumbing business with David next month. I will spend 6 hours on this business each day and work to land my first sale within two weeks.
Become a Lifelong Learner	Lifetime	I will become committed to seeking opportunities for continuous growth and development.

Goal setting/ weekly\_planner



Focusing: What to change?

Evoking: Why to change ?

Planning: How to change?

<u>TASK/ACTION</u>	<u>RESOURCES NEEDED</u>	<u>CHALLENGES</u>	<u>COMMITMENT</u>	<u>CONFIDENCE LEVEL</u>
improve my energy	Clear thinking	Energy orrientation	Achievement orientation	4/5
Update my CV	Self reflection	Refusing mental barriers	Goal orientation &clear focus	Interpersonal confidence
Pass my exam		Emotional control		

Pay attention to followings:

- Clear ideas/goals
- Add challenging tasks
- Realistic expectations
- Commitments
- Your Feedback/Score

Score each week out of a maximum of 5 per week giving a total of 10 for the next 6 months. Put your actual score for each week.

# VALUES & PRINCIPLES THAT TRULY MOTIVATES YOU

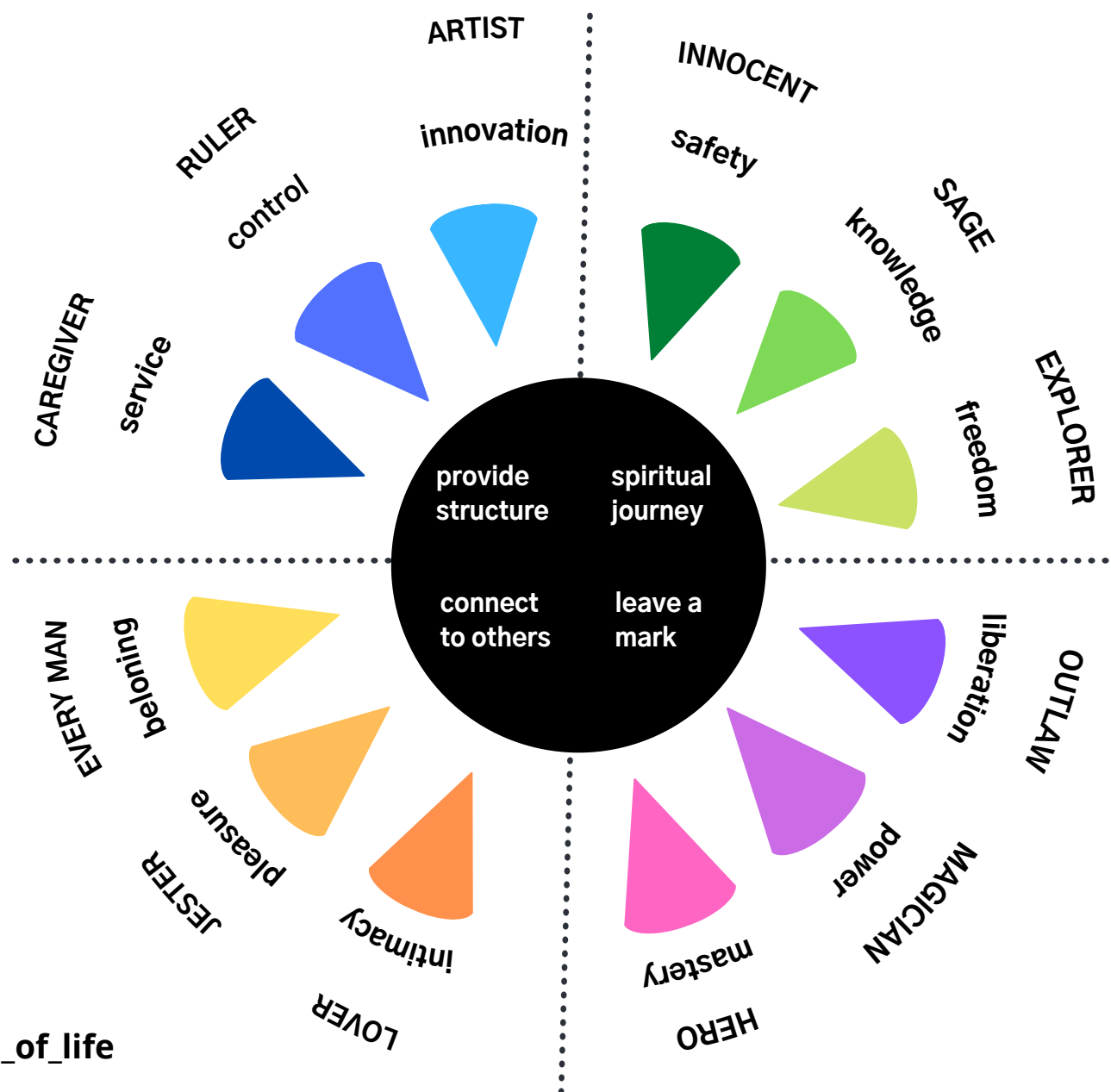
What is life means to you? Discovering yourself, living in the present moment, positive thinking, making progress, setting new goals, seeing people beyond their issues.

How much do you push yourself to deliver?

What makes you happy?

What are the things that you love and that the world needs?

What pain would be gone from your life if you follow your life purpose?



#the\_wheel\_of\_life  
exercises

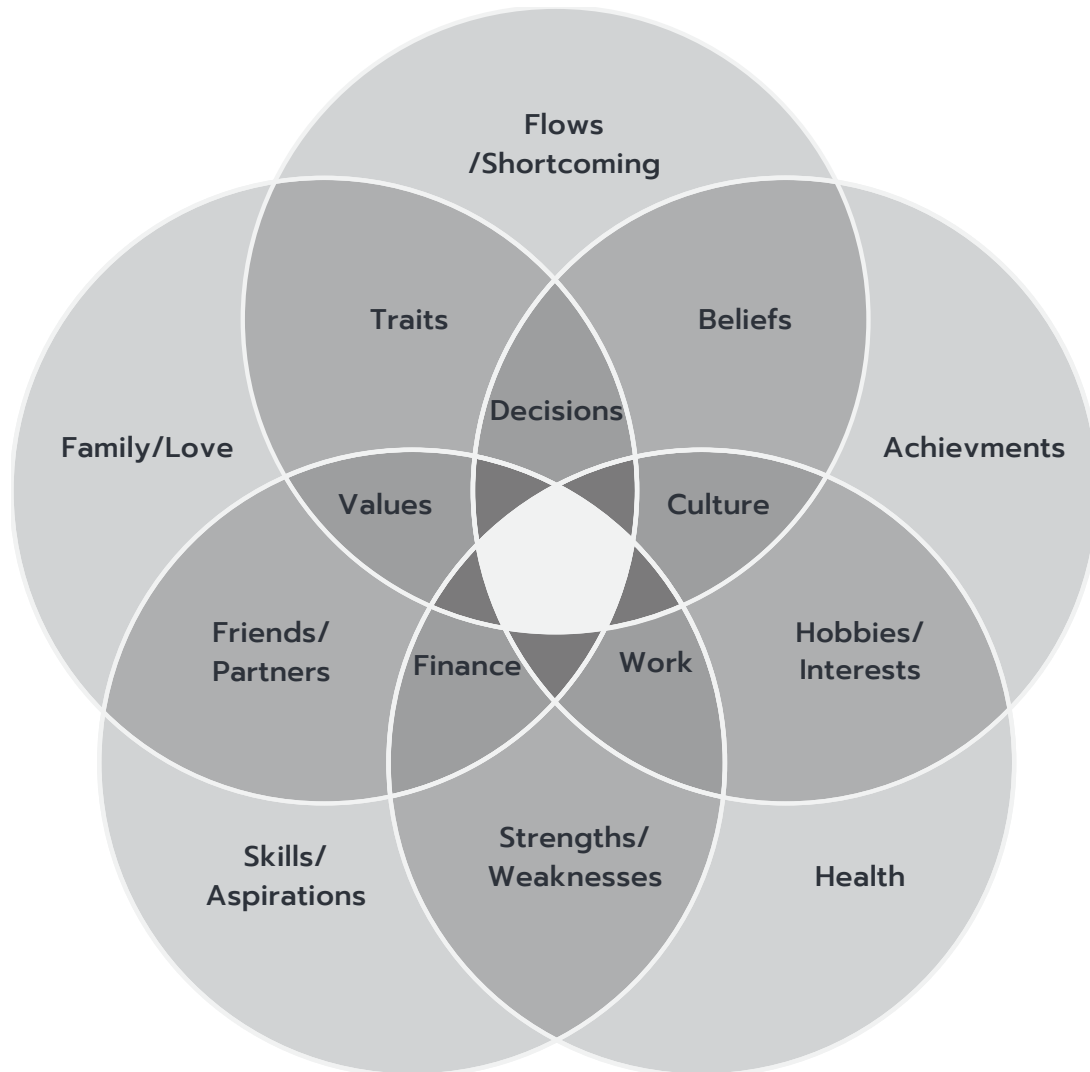
# Frame of references

Think through your past experiences and write them on a piece of paper in different areas in your life.

**MAIN AREAS**

**Family/Parents**  
**Childhood**  
**Sisters/Brothers**  
**Gender**  
**Nationality/Culture**  
**Values/Principles**  
**Passions**  
**Hobbies/Interests**  
**Skills/Aspirations**  
**Friends/Boyfriends**  
**Marriage/Divorce**  
**Motherhood**  
**Health/Wellbeing**  
**Special events**  
**Socio-economic status**  
**Ethnic Background**  
**Adolescence**  
**Over 30+**  
**Over 40+**  
**Over 50+**  
**Over 60+**

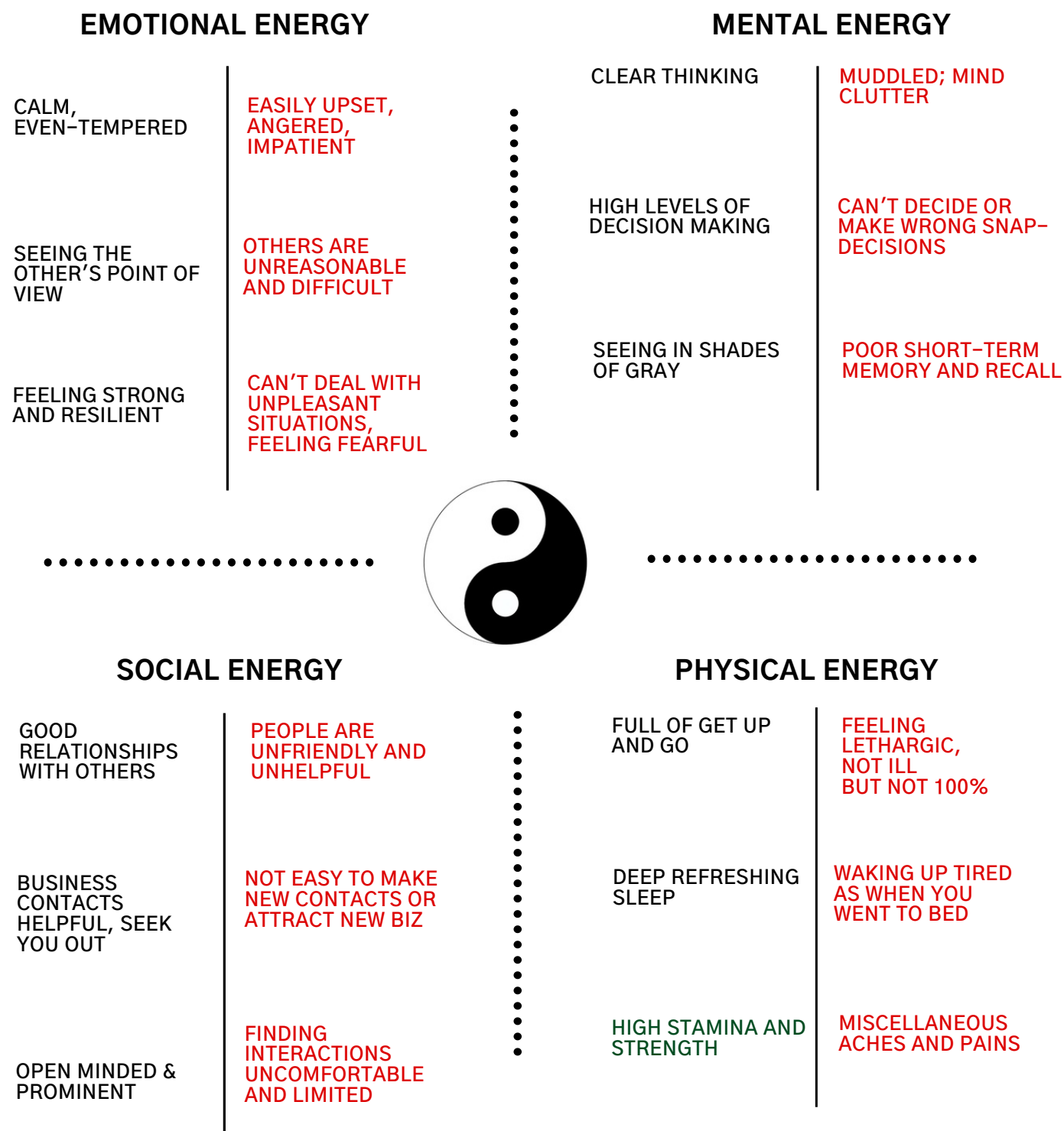
- Values & Motivations
- Passion/ Aspirations
- Unhelpful /Helpful habits
- Skills & Successes
- Fears/ Worries/Concerns
- Traits/ Moods/
- Challenges /Obstacles/ Blind spots
- Limited & Unlimited beliefs



## #the\_wheel\_of\_life

### frames of references exercise

# ESSENTIAL ENERGIES FOR BALANCED LIFE



#the\_wheel\_of\_life  
exercises/essentials