



Less Struggle. More Support. Better Results.

## Your Wheel of Life

You may have seen the Wheel of Life before, but I think it takes on a new meaning when you're in a job search or career transition. So, whether you've used it before or not, I invite you to use it as a tool for where you are NOW!

I believe in a very holist view of job search and career transition where it's important to look at areas of your life outside of the workplace. Have you ever known anyone that was going through a divorce, having trouble with their kids or going through bankruptcy? These kinds of issues *definitely* affect us at work.

So in addition to paying attention to our issues at work, it's imperative that we pay attention to our life outside of work. A lot has been written about work/life balance. In reality, there are so many areas *besides* work to balance.

When we talk about balancing our work life with our personal life, there are many different areas that need to be balanced for us to feel whole. The Wheel of Life captures all of the areas of your life where you spend time and energy. Using the wheel measures your work/life balance and its purpose is to highlight where you might need to spend some more energy and time to be more balanced.

Our *life* can be broken into the following 12 different areas: Family, Friends, Career, Money, Fun, Creativity, Spiritual, Health, Personal Growth, Relationship, Living Space and Service. Each of us may define these areas differently and for some people, one or more of these areas may not be important at all to feel balanced. The important question to ask yourself is: "*Am I happy with the way things are in this area?*"

## How to Use the Wheel

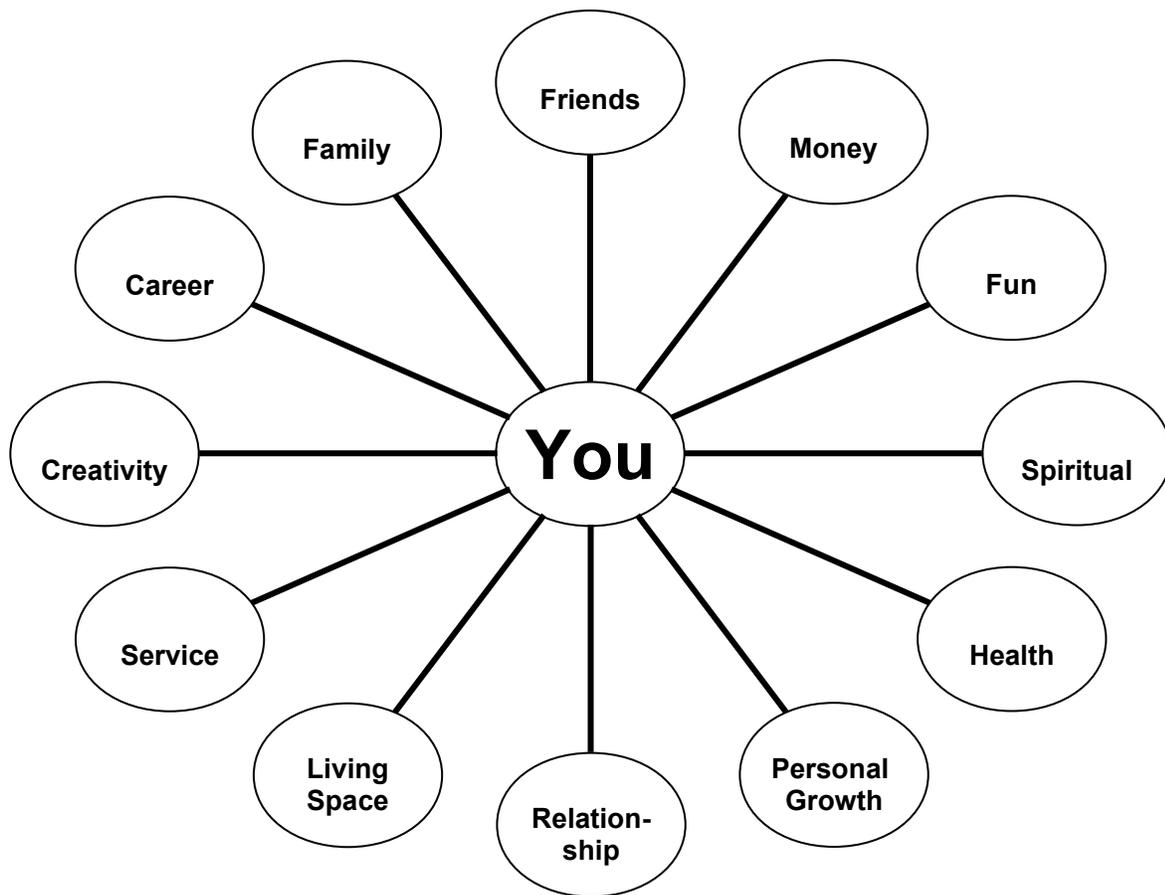
Complete the form below using the following instructions. Next to each wheel category listed below, rate yourself on a 1 to 5 scale with how satisfied you are with the amount of time and energy you spend in that category. For example, in the Friends category, how satisfied are you with the time and energy you give to your Friends, where 1 is not satisfied at all and 5 is always satisfied, couldn't get any better.

1	2	3	4	5
not satisfied at all	somewhat satisfied	average satisfaction	usually satisfied	always satisfied

<u>Wheel Category</u>	<u>Rating</u>	<u>Wheel Category</u>	<u>Rating</u>
Friends	_____	Relationship	_____
Money	_____	Living Space	_____
Fun	_____	Service	_____
Spiritual	_____	Creativity	_____
Health	_____	Career	_____
Personal Growth	_____	Family	_____

How did you do? What categories did you score highest in? Which categories did you score lowest in? The categories with the lowest scores probably need attention and are causing you some stress and balance issues. If you were to give more time and attention to the categories with the lowest scores, how would that feel?

To provide a visual of your results, you can use the diagram on the next page and plot your results on each line where 1 is closest to the "You" circle and 5 is closest to the category circle. This will help you see where your wheel is "out of round".



When you start to work with this wheel, think in terms of achievement and enjoyment in all areas on a weekly basis. For example, you may focus on creativity and personal growth only one day a week, but that will feel “balanced” for *you*.

This exercise is meant to reacquaint you with your values so that you understand, live and work from your values. What do you say is important but put no effort into? It’s also a great exercise about boundaries – is one area overtaking other areas and you see now that you aren’t maintaining appropriate boundaries? If so, then that is an area for coaching!

The resources and support at Career 3D can help you with these types of work-life balance issues....because work **and** having a life matters!

*Brenda*

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