

# The Wheel of Life

A gentle check-in with yourself

Pause. Breathe. Take a moment that is just for you.

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Life moves fast — and when we're running on empty, it's easy to lose sight of the bigger picture. The Wheel of Life is a beautifully simple tool that gives you an honest snapshot of where you are right now, across all the areas that matter most.

There are no right or wrong answers here. This is a safe, judgment-free space for you to get curious about your own life — with kindness and compassion.

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## How to Use Your Wheel

**Step 1** — Find a quiet moment. Make yourself a cup of tea, find a comfortable spot, and give yourself 15-20 minutes of uninterrupted time. You deserve this.

**Step 2** — Look at the eight areas. The wheel is divided into eight key life areas: Health & Wellbeing, Career, Finances, Relationships, Personal Growth, Fun & Recreation, Physical Environment, and Family & Friends.

**Step 3** — Rate each area honestly. For each section, ask yourself: "How satisfied am I with this area of my life right now?". Give it a score from 1 (very unsatisfied) to 10 (completely fulfilled). Shade or mark the number on the wheel — 1 starts at the centre, 10 reaches the outer edge.

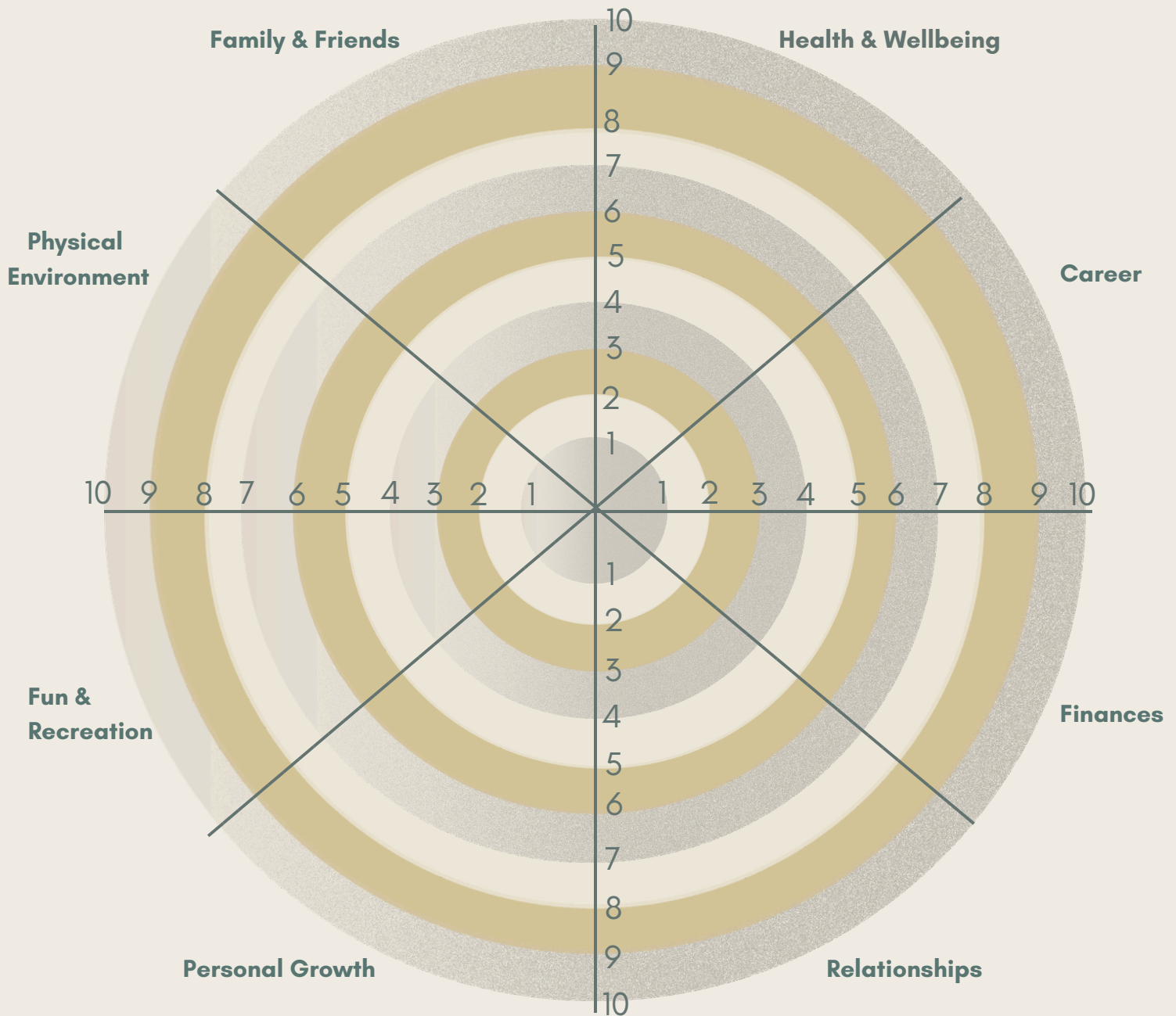
**Step 4** — Stand back and look. Once all sections are scored, take a step back. What shape does your wheel make? A balanced wheel rolls smoothly — an uneven one shows you where life may feel bumpy.

**Step 5** — Reflect with the questions. Work through the reflection questions on the following pages. Take your time — there's no rush. Let your answers come naturally.

*Remember: this is not about perfection. It's about awareness — and awareness is always the first step to change.*

# The Wheel of Life

Shade each segment or mark the number from the centre outward to match your score (1-10)



Date completed: \_\_\_\_\_

Overall feeling today: \_\_\_\_\_

# Reflection Questions

Take your time with these. There's no rush — your insights matter.

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## Health & Wellbeing

- What does health & wellbeing mean to you?
- How would you describe your energy levels on a typical day?
- Are you sleeping well and waking up feeling rested?
- How do you feel about the way you're nourishing your body?
- When did you last do something purely for your physical or mental health?

## Career

- What does career mean to you?
- Do you feel a sense of meaning or purpose in what you do each day?
- Are you using your strengths and talents in your work or daily life?
- How do you feel on a Sunday evening when you think about the week ahead?
- If fear weren't a factor, what would you be doing differently?

## Finances

- What does finances mean to you?
- Do you feel financially secure, or does money cause you stress?
- Are you able to manage your expenses without constant worry?
- Do you have a sense of clarity and control over your finances?
- Are you working towards any financial goals that excite you?

## Relationships

- What does relationships mean to you?
- Do you feel seen, heard, and valued by the people close to you?
- Are your key relationships nourishing or draining your energy?
- Do you communicate your needs openly and honestly?
- How is your relationship with yourself — are you kind to you?

## Personal Growth

- What does personal growth mean to you?
- Are you learning, growing, or being challenged in a way that excites you?
- Do you have a sense of who you are becoming, not just who you are now?
- When did you last step outside your comfort zone?
- What belief about yourself might be holding you back?

## Fun & Recreation

- What does fun & recreation mean to you?
- Do you make time for joy, play, and things that light you up?
- What did you used to love doing that you've stopped making time for?
- How often do you laugh, feel light, or do something just for fun?
- Is there something on your 'someday' list that deserves a date in your diary?

## Physical Environment

- What does physical environment mean to you?
- Does your home feel like a sanctuary or a source of stress?
- Does your environment support the life you want to live?
- Are there small changes to your space that could have a big impact on how you feel?
- Do you feel comfortable and at ease in the spaces you spend most time in?

## Family & Friends

- What does family & friends mean to you?
- Do you feel genuinely connected to the people you love?
- Are you showing up the way you want to in your closest relationships?
- Do you have people in your life you can be truly honest with?
- Are there any relationships that need more of your time and attention?

# What Does Your Wheel Tell You?

## Your Biggest Insight

Look back at your completed wheel and your answers. Sit with them for a moment. What stands out to you most? Which area of your life is asking for your attention right now?

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## What feels most important to you?

If you could bring just one area of your life into greater balance over the next three months, which would it be — and why?

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## One small step

What is one small, gentle thing you could do this week to begin nurturing that area of your life?

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## You Know. Now What?

Awareness is a powerful gift — but knowing where you want to go and actually getting there are two very different things. If you're sitting with this wheel and feeling a mixture of clarity and overwhelm, please know — that's completely normal. And it's exactly where I can help. I work with women just like you — women who are smart, capable, and caring, but who are exhausted from holding everything together. Together, using life coaching and neuroscience-based tools, we quiet the noise, calm the overwhelm, and create a life that feels lighter, clearer, and truly yours.

## Ready to take the next step?

I'd love to invite you to a complimentary **Discovery Call** — a warm, no-pressure conversation where we explore where you are now, where you want to be, and whether working together feels like the right fit.

There's no obligation — just an honest, heart-centred conversation.

[Book a Discovery Call here](#)



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You are not meant to figure this out alone.