

Wheel of Life

A BLUEPRINT FOR BALANCE

THE LIFE O-METER WORKSHEET

This isn't your typical spin-to-win game show wheel or the kind you find at the playground that makes you dizzy if you stare at it too long. No, this Wheel of Life is more like having your own personal life coach disguised as a pie chart with an attitude.

Imagine if your life was a pizza, cut into equal slices. Each slice isn't pepperoni or margherita, but different areas of your life: Career, Finance, Health, Love Life, Family and Friends, Personal Growth, and just for kicks, let's throw in Joy of Living. This 'pizza' is the Wheel of Life - a holistic pie that helps you figure out if your life tastes like a cheesecake or a cheese disaster.

Each slice gets a score from 0 to 10, where 0 is 'Help, I'm stranded at Rock Bottom without a paddle!' and 10 is 'I'm King of the World, on a yacht, with a paddle made of gold.' The idea is to shade in your satisfaction level. If your career is booming, shade that slice right up to the crust. If your love life's in the dumps, well, that slice might just be a sliver.

Now, once you've rated each delectable slice of your life-pizza, you connect the dots. A perfectly round wheel? You've got balance, congrats! It's smooth sailing and biking along the coast of Life's Beach. But let's be real, most of us have a wheel that looks like it's been chewed on by life's pet dog, making for a... let's say, an 'interesting' ride.

The magic comes from what you do next — identifying the wobbly parts and figuring out how many life toppings you need to add or toss to make your wheel more like a wheel and less like a wonky hexagon.

References? While Ziglar popularized the Wheel of Life concept in his 1970s seminars, the concept has no single point of origin. It's evolved, much like the monster under your bed, into various forms, visited by Life Coaches, gurus, and even found lurking in the self-help sections of libraries and bookstores. The Wheel of Life is essentially a personal snapshot of your current quest for fulfillment, masquerading as an innocent pie chart, daring you to make all the slices of life equally tasty. Now, how's that for food for thought?

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THE BENEFITS OF THE WHEEL OF LIFE

Clarity

It helps to provide clarity on which areas of your life you are content with and which require more attention. Visual representation can often reveal surprises, making you aware of things you didn't realize before.

Holism

It helps you to see your life as a whole, and understand how different aspects of your life affect one another. Improving one area might have positive impacts on others.

Prioritization

By highlighting which areas of your life score lower, it allows you to prioritize your actions and efforts to improve these aspects.

Goal Setting

It creates a foundation for setting realistic and balanced goals. Instead of setting goals in only one aspect of life, the Wheel of Life encourages a more holistic approach.

Track Progress

It provides a baseline measurement from which you can evaluate progress when you revisit the worksheet over time to see how the areas have improved or changed.

Motivation

Seeing areas of imbalance can be a strong motivator for change. It can ignite ambition and inspire you to take charge of areas you've perhaps been ignoring.

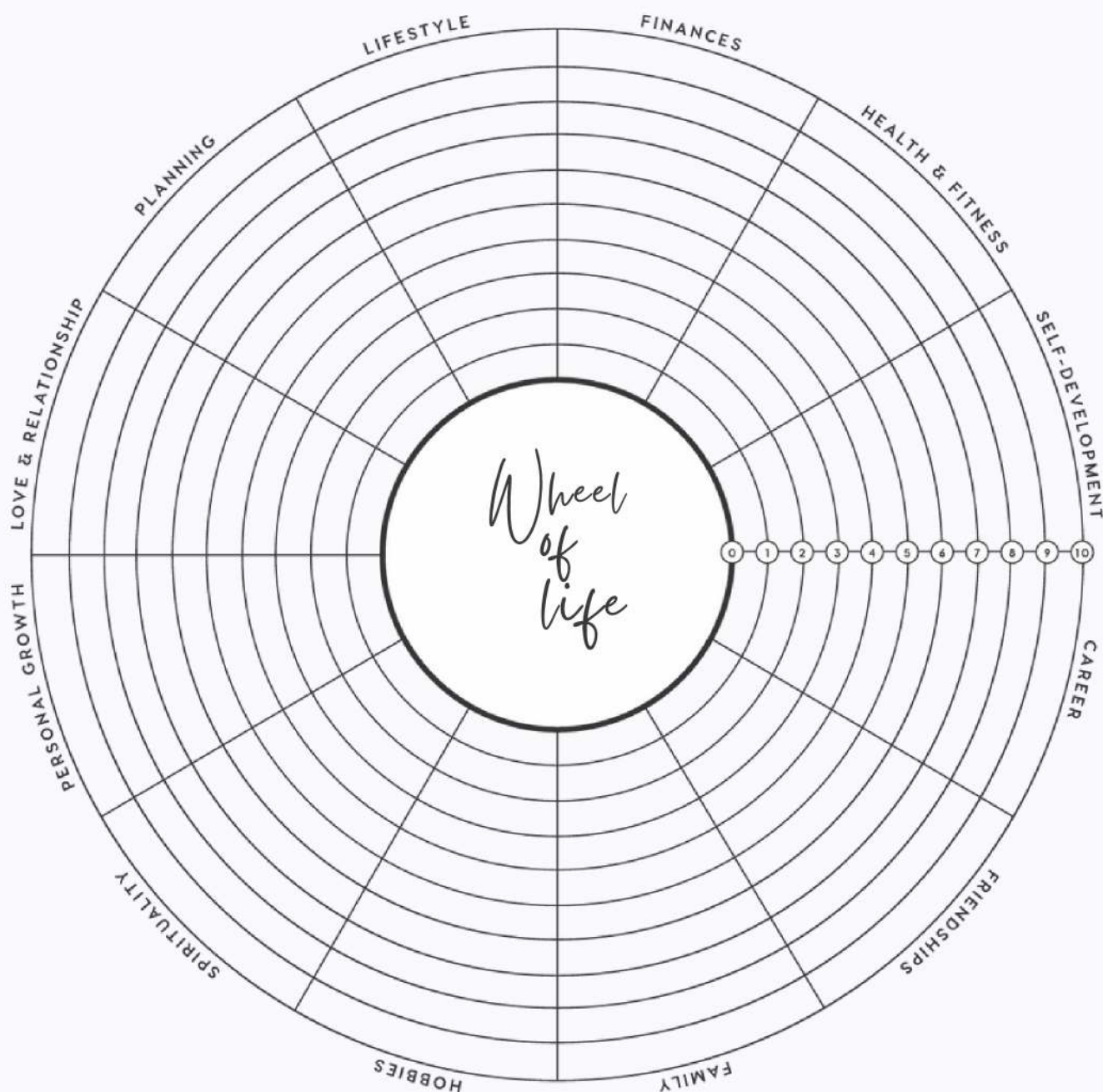
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The Traditional Model

Rate yourself from 0 - 10 on the chart below, with 10 being the best outcome.
Make sure to score yourself honestly (imagine you are scoring a friend).



The idea is to make the wheel work! With the above data, how can you balance your life to make you more resourceful, productive, and happy?



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THE GALACTIC WHEEL OF LIFE - A QUIRKY QUEST FOR BALANCE

INSTRUCTIONS

Draw a large circle resembling a whimsical Ferris wheel ticket booth—a portal to your cosmic journey (space will be provided on the following page).

Divide the circle into eight cosmic compartments, each representing a key aspect of your life adventure. Label these compartments with the following celestial-themed categories (cite references):

- a) Saturn's Serenity (Mental Well-being)
- b) Venusian Vibes (Relationships)
- c) Mars Mission (Career and Professional Growth)
- d) Jupiter's Joyrides (Recreation and Fun)
- e) Lunar Landings (Emotional Balance)
- f) Pluto's Path (Personal Growth and Spirituality)
- g) Mercurial Magic (Skills and Learning)
- h) Neptunian Novelties (Physical Health and Wellness)

Rate your current satisfaction level on a scale of 1 to 10 for each cosmic compartment by marking a dash or dot within each respective section.

Connect the dots to observe the overall harmony—or cosmic chaos—of your life's dimensions. Take a moment to reflect on the resulting image.



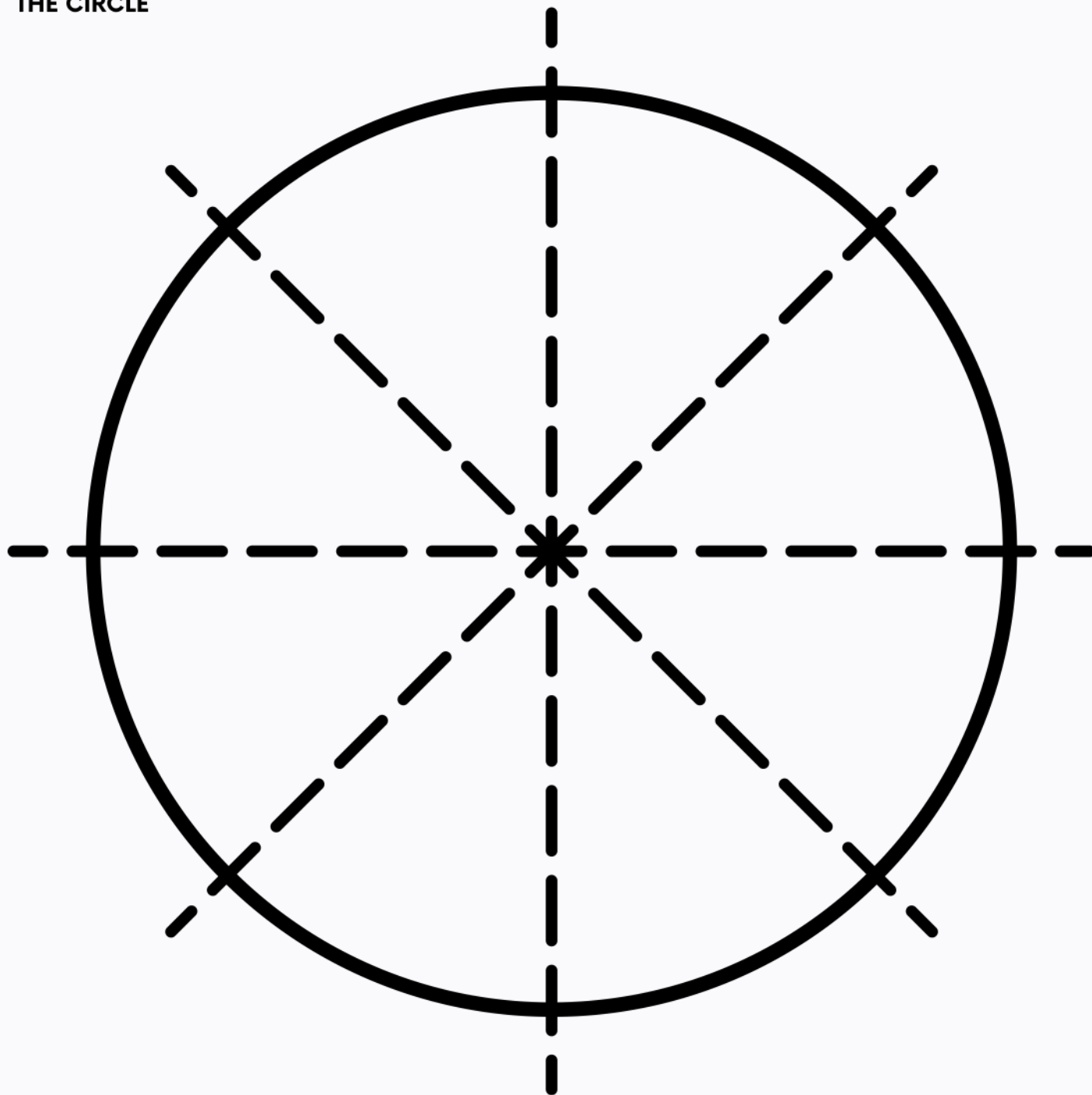
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THE GALACTIC WHEEL OF LIFE - A QUIRKY QUEST FOR BALANCE

THE CIRCLE





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THE GALACTIC WHEEL OF LIFE - A QUIRKY QUEST FOR BALANCE

USING YOUR IMAGINATION (AND A SPLASH OF INTERGALACTIC WIT), ANSWER THE FOLLOWING QUESTIONS FOR EACH COMPARTMENT:

a) What does Saturn's Serenity (Mental Well-being) look like from a distant alien's perspective?

b) How would Venusian Vibes (Relationships) be represented in a cosmic romance novel?

c) Imagine your Mars Mission (Career) as a part of a wacky interstellar job fair—what stands out?

d) If Jupiter's Joyrides (Recreation and Fun) were a galactic amusement park, describe the roller coaster that best symbolizes it.



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CONTINUED...

e) Picture yourself as a lunar explorer—how would you prepare for the unpredictable Lunar Landings (Emotional Balance)?

f) Imagine Pluto's Path (Personal Growth and Spirituality) as a celestial garden—what kind of cosmic flora would you find?

g) If Mercurial Magic (Skills and Learning) were translated into alien languages, which one would you choose to decode?

h) Dive into the tranquil waters of Neptunian Novelties (Physical Health and Wellness)—what mythical sea creature would represent your journey towards well-being?



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THE RECOVERY WHEEL

THE RECOVERY CIRCLE

Draw a big circle on your worksheet. This isn't just a circle; it's the arena of your gladiatorial combat against addiction!

SLICE THE PIE, NOT THE CHEESE

Divide your circle into equal segments for different areas that are crucial to managing addiction. These might be:

- Sobriety Strategies
- Support System
- Physical Health
- Emotional Well-being
- Hobbies and Recreation (a.k.a. Fun)
- Personal Development
- Work
- Education
- Spirituality or Mindfulness

“Your attitude, not your aptitude,
will determine your altitude.”

ZIG ZIGLAR

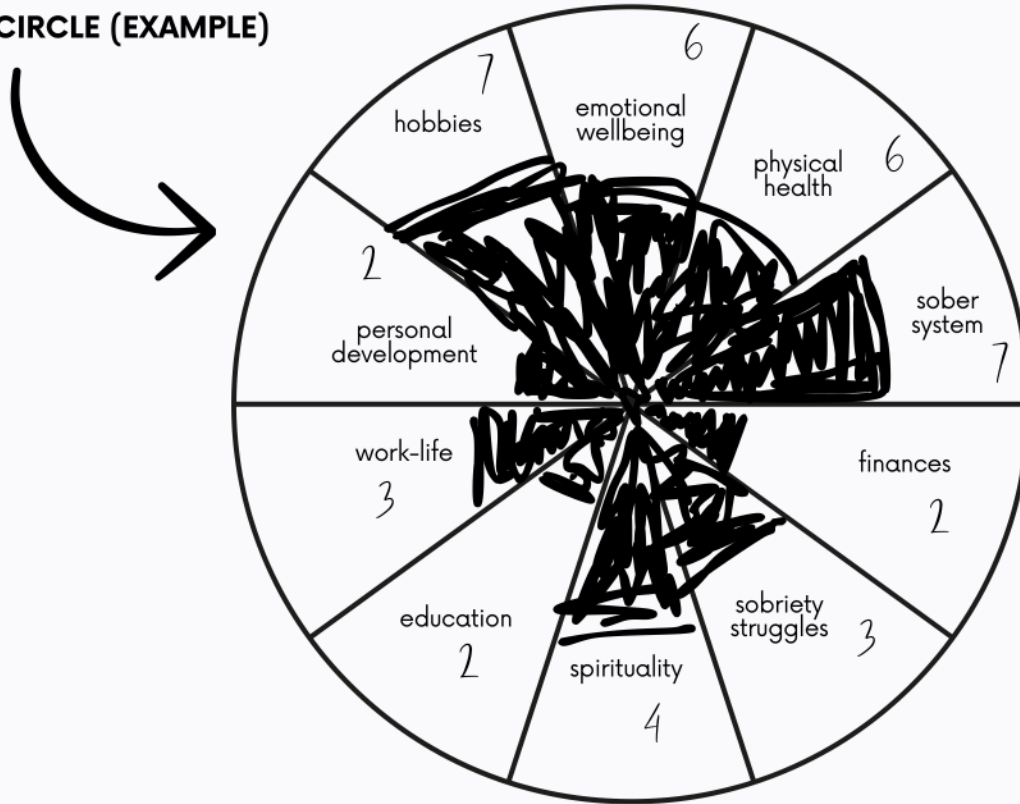
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THE RECOVERY WHEEL

THE CIRCLE (EXAMPLE)



*This person
has some
work to do!*

SLIDING SCALE OF TRIUMPH

Along each segment's arc, make a scale from 0 at the circle's center (where you're being a couch potato) to 10 at the perimeter (where you're the Yoda of that segment). I usually color in a bit of the segment, in this manner the finished product either represents a wheel or a catastrophe.



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THE RECOVERY WHEEL

CONFIDENTIAL CONFESSIONS

Now get real with yourself and shade in each segment with your current success level. If you've been hitting the gym with the determination of a squirrel before winter, you might be at a 9 or 10 in Physical Health. But if your support system consists of a cactus and an overworked goldfish, you might be hovering around a 2 or 3 in Support System.

GOALS, SCHMOALS

Underneath the wheel, write down a couple of special missions for the underdog segments of your wheel to help balance your Recovery Circle.

**YOU CAN
DO IT**

**YOU ARE
CAPABLE**

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The goal of the Wheel of Life exercise is to provide a visual representation of various areas or dimensions of your life and to assess your current level of satisfaction or fulfillment in each area. By evaluating different aspects like relationships, career, well-being, and personal growth, the exercise helps you gain a clearer understanding of where you might be thriving or feeling unbalanced. This self-reflection allows you to identify areas that require more attention or improvement, guiding you towards setting goals and making positive changes to enhance overall life satisfaction and well-being. Essentially, the goal is to promote self-awareness, identify areas for personal growth, and encourage a more balanced and fulfilling life.

Congratulations on completing **The Life O-Meter Worksheet!** By taking the time to reflect on the various aspects of your life, you've shown a commitment to self-awareness and personal growth. Embracing the whimsical nature of the exercise, you've navigated the cosmic carnival of your own existence with curiosity and humor.

Through this powerful exercise, you've gained insights into the balance and harmony of your life's dimensions. You've identified areas where you're already thriving and uncovered those that may need a little cosmic fine-tuning. This awareness is a significant step towards creating a more fulfilling and balanced life.

May the revelations and reflections you've experienced on this colorful wheel guide you toward setting meaningful goals, making positive changes, and crafting a life that is as delightful as the twinkling stars in the night sky. Keep exploring, growing, and shining your radiant light across the cosmos of your existence!

