Resilience — Wheel of Life activity
Introduction

The Wheel of Life is something that can be revisited regularly. You can quickly draw up a wheel of life every 6 months to see how you are progressing. Plus, if you’re going through a tough time in your life, it can help you quickly see what areas of your life you’re dismissing or spending less time in. On the flip-side, if you’re finding you’re going through a period of extreme happiness and fulfilment, completing a wheel of life at this point will show you where you’re spending your time and what’s making you happy.

How to do it

1. Use the questions provided for each category to help you think through how satisfied you are in each of your areas of life and plot your scores on the wheel.
2. Immediately after, identify what you’re most satisfied in and least satisfied in. Describe what is making you satisfied. For your least satisfied category, describe how you will go about changing that.
3. Write your immediate action plan. Set yourself a time-limit for achieving it and stick to it!
4. Choose a wheel of life buddy from the group and share your wheel of life and action plan. Agree on when and what you want your buddy to remind you of.
Questions to think about

Here are some questions to help you get the most out of each category.

**Environment / Community**
- Are you comfortable with the home that you live in?
- Do you have a clean and tidy environment?
- Do you have a good community?
- How would others rate your contribution to society or to them as individuals?

**Business / Career**
- Are you where you want to be by now?
- Is your career heading in the right direction?
- Are you satisfied with the kind of work you do?

**Finances**
- Are you comfortable with what you’re earning to satisfy your needs?
- Are you financially set up for future growth in wealth?

**Family / Friends**
- Is your family supportive of you?
- Are your friends supportive of you?
- Do you see your friends and family often?
- Are you supportive of your family and friends?

**Love**
- Do you feel love?
- How often are you expressing love to others?
- Do you respect and love yourself?
- Do you appreciate yourself?

**Health**
- How physically healthy are you?
- Are you satisfied with your level of fitness?
- Are you satisfied with your diet?

**Personal growth**
- How focused are you on personal growth?
- Do you read often?
- Are you trying new experiences and thriving to learn?
- Are you satisfied with your direction in life?

**Fun and recreation**
- Are you enjoying life and making it fun?
- Are you satisfied with your level of activity?
- Do you socialise often?
- Do you regularly do what you love?
With the questions from the previous page in mind, fill out your wheel of life.

Date: ________________

I am most satisfied in: ______________________________________________________

because I am doing: _______________________________________________________

I am least satisfied in: _____________________________________________________

and I will change this by: __________________________________________________
My action plan

Now that you have your wheel of life complete, looking at it is not enough – you need to act on it! While it’s fresh in your mind, write your key goals or objectives based on your 3 lowest scoring areas to help enhance your life.

These could be as big as setting out a plan for the next step in your career, or as small as calling a friend more regularly. Whatever you’re most passionate about while looking at your wheel of life; write your 3 points of action down below.

1.

I will achieve this by (date): ________________

2.

I will achieve this by (date): ________________

3.

I will achieve this by (date): ________________