

# Creating a Wheel of Life

A helpful tool to take a snapshot of your life



The charity for everyone working in education

[teachershub.educationsupport.org.uk](https://teachershub.educationsupport.org.uk)



# The wheel of life

## How it works


The Wheel of Life allows you to get a snapshot of how satisfied you are in your life at this moment in time. In this exercise there are ten pre-defined domains on the wheel:

 Money & Finance

 Friends

 Partner & Love

 Career & Work

 Environment  
(The environment you live, work or spend time in)

 Growth & Learning

 Health & Fitness

 Spirituality

 Fun & Recreation

 Family

**Note:** If a particular domain has no relevance to your life, simply delete it or add in something that does have meaning and significance for you.

## Creating your Wheel of Life

Select the domains that have relevance to you. Rate your level of satisfaction from 1-10 in each of the domains using the template wheel in this pdf.

**A score of 1** = You are not satisfied at all

**A score of 10** = You are highly satisfied

After you've rated each of the domains, colour in the circles for each segment that leads to the centre to form an inner wheel. This will give you an overview of the level of satisfaction in your life right now.

Now give each domain a number to indicate its importance or priority. E.g. rank all domains from 1 onwards where 1 is the domain that is most important to you. Sometimes people have 2 domains that are of equal importance.



Example of a Wheel of Life

# Ideas to help you create your Wheel of Life

## Career and work



- Review what you want to do with your career and what steps you need to take
- Meet with your line manager and discuss ways to increase your skills, development and responsibility in your job
- Take on a new project or area in school that increases your skills
- Get a mentor
- Go on relevant training

## Family, partner and love



- Work flexibly; Speak to your manager about working a day from home or less days a week
- Spend more time together on shared interests or pursuits. Plan date nights
- Take children to school or pick up once a week
- Read to children before they go to bed
- Have video and popcorn nights with kids/ family or find programmes you all enjoy
- Call your parents once a week
- Schedule in family holidays



## Growth and learning, recreation and friends

- Learn something new
- Read a book a month
- Read the papers once a week
- Listen to a TED talk once a week
- Join a group (book group, amateur dramatics etc.).
- Go on a holiday focusing on an interest e.g. cycling holiday
- Learn to play an instrument
- Arrange enjoyable activities to do with friends
- Put dates in diaries with friends
- Volunteer
- Become a school governor
- Join a park group
- Organise a street party



## Money and finances



- Speak to a personal financial consultant
- Audit your expenses and incomings and work out how to spend less
- Work out how much you want to earn and what you need to do to get that
- Reduce debt on credit cards
- Find cheaper ways to buy what you need e.g. change grocer or utility provider
- Save money each month by putting a percentage of your salary into a savings account



## Spirituality



- Volunteer
- Become more involved in religious, community or spiritual groups
- Go to religious or spiritual classes or lessons
- Meditate or do mindfulness exercises
- Give to charity



## Health and Fitness



- Start therapy
- Go to the gym
- Run once a week
- Play tennis. Walk to work once a week
- Cycle rather than drive
- Go for a long walk once a week
- Go to yoga
- Meditate
- Get a dog
- Have walking meetings
- Journal
- Take one night off a week and leave school early
- Keep a list of all tasks, prioritise and schedule time to do these

## Environment

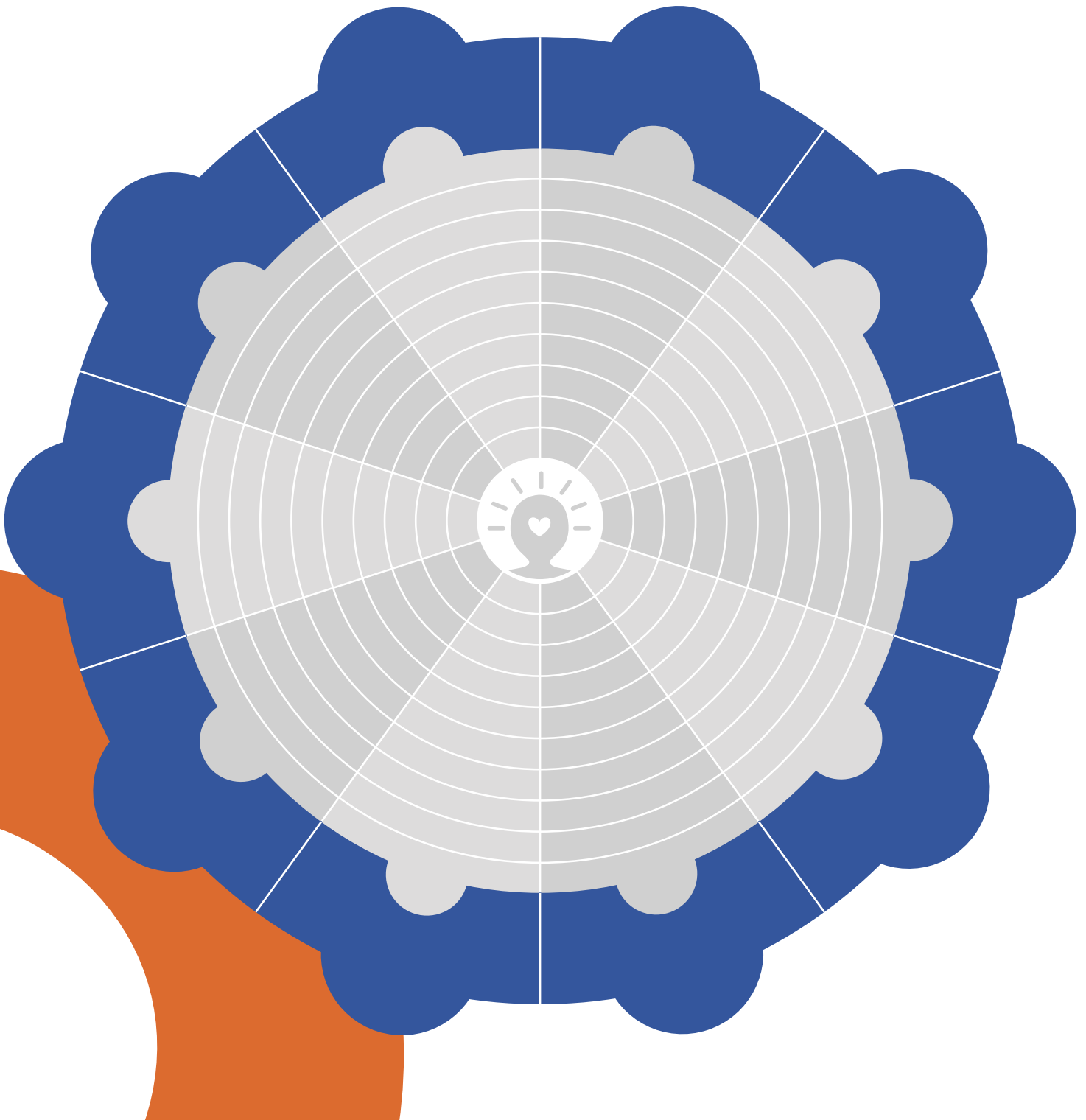


- Work out the environment that you prefer to live and work in, see what is possible
- Plan times in environments that work for you e.g. being out in nature, or working in a library
- Review your working and home environment, see what improvements you can make

# Your Interactive Wheel of Life template

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Below is a version of the wheel of life that you can complete and save as part of your pdf. Along with being able to fill in your scores you can also change the headings to other values that better reflect you or your team personally. Alternatively if you would rather print it out and colour your wheel in then you can download the template [here](#).



# What to do with your wheel?

Once you've completed your wheel of life, use it to answer the following questions:

- What does your wheel of life say to you?
- What domains are you happy with?
- What domains would you like to improve?
- What would it take to increase the scores of the domains you would like to improve?
- Does your wheel of life include things that make you feel in the "flow" (flow means things that you love, you have the skills to do and provide the right amount of challenge to stimulate but not stress you)? If not, what can you do to improve this?
- Does your wheel of life allow you to focus on the things you are good at and interested in? If not, what can you do to improve this?
- Does your wheel of life focus on your values (the things that you believe in)? If not, what can you do to improve this?
- Does your wheel of life help you to be as productive as possible, look after your physical and emotional health and try and boost the ability of your prefrontal cortex?

Looking at all the things you could do to increase your scores, what can you do in terms of time and resources, what are quick wins that will not take up much time or resources that you can just do, are there things that could have an impact on a number of domains e.g. going out running with my partner, what things do you need to give up on and are there other ways you could achieve them?

**Note:** Make sure your actions fit into your schedule and do not make you too busy or stressed.



**Write down your actions to improve your work life balance with deadlines or timescales.**





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