

Corranda Andrews

THE WHEEL OF LIFE

INTRODUCTION

As achievers, we know that whatever we focus on, we will find a way to achieve it. The challenge so many of us face however, is **finding the balance**.

Even the greatest achievers acknowledge a gap between where they are and where they really want to be. Perhaps our careers are strong, but our intimate relationships are lacking. Or maybe our relationships are flourishing, but our personal finances, physical vitality, or even our connection with our children is suffering.

We all have areas of our lives that demand more focus.

To close the gap from where you are to where you want to be, start by getting clarity using the following exercise.

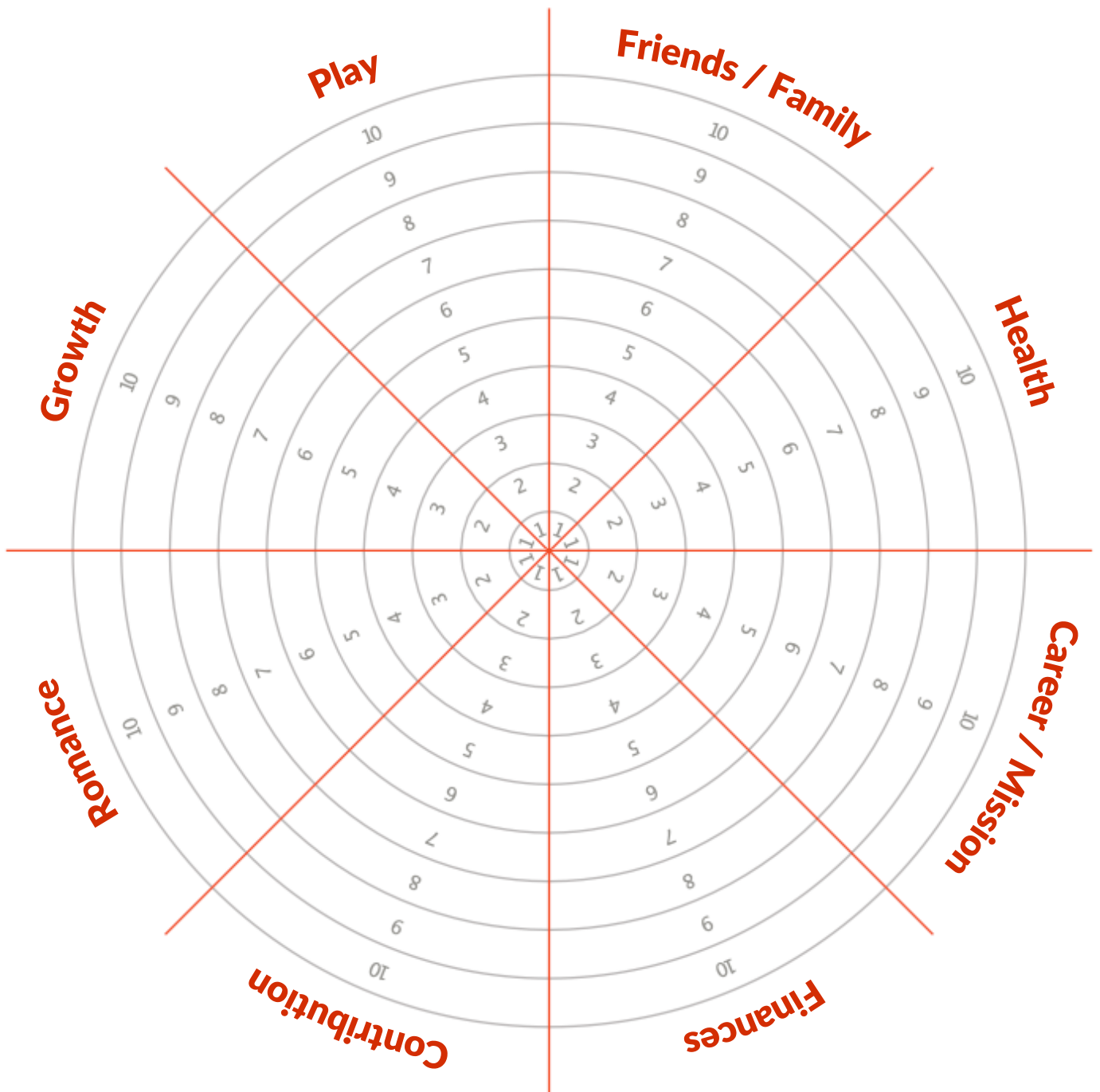
INSTRUCTIONS

Each spoke of the wheel on the next page represents a distinct component of life.

Score each area of your life on a scale of 1-10 (1 **very poor** to 10 **outstanding**). Be as honest as possible.

When you're done, colour in each slice of the wheel.

Take a look at your wheel. Which areas of life are out of balance? If this was a real wheel, how bumpy would the journey be?



Further descriptions for each of the wheel segments are on the next page.

Family / Friends:

Developing and maintaining strong relationships with others.

Health:

Your nutrition, exercise, relaxation, sleep, mental and emotional wellness.

Career / Mission:

Engaging in work that you find meaningful and fulfilling.

Finances:

The finances available to support you.

Contribution:

The contribution you make to society / your community. How you serve others.

Romance:

Partnership, passion and the quality of your intimate relationships.

Growth:

Building a strong connection with yourself through creativity, learning and challenge.

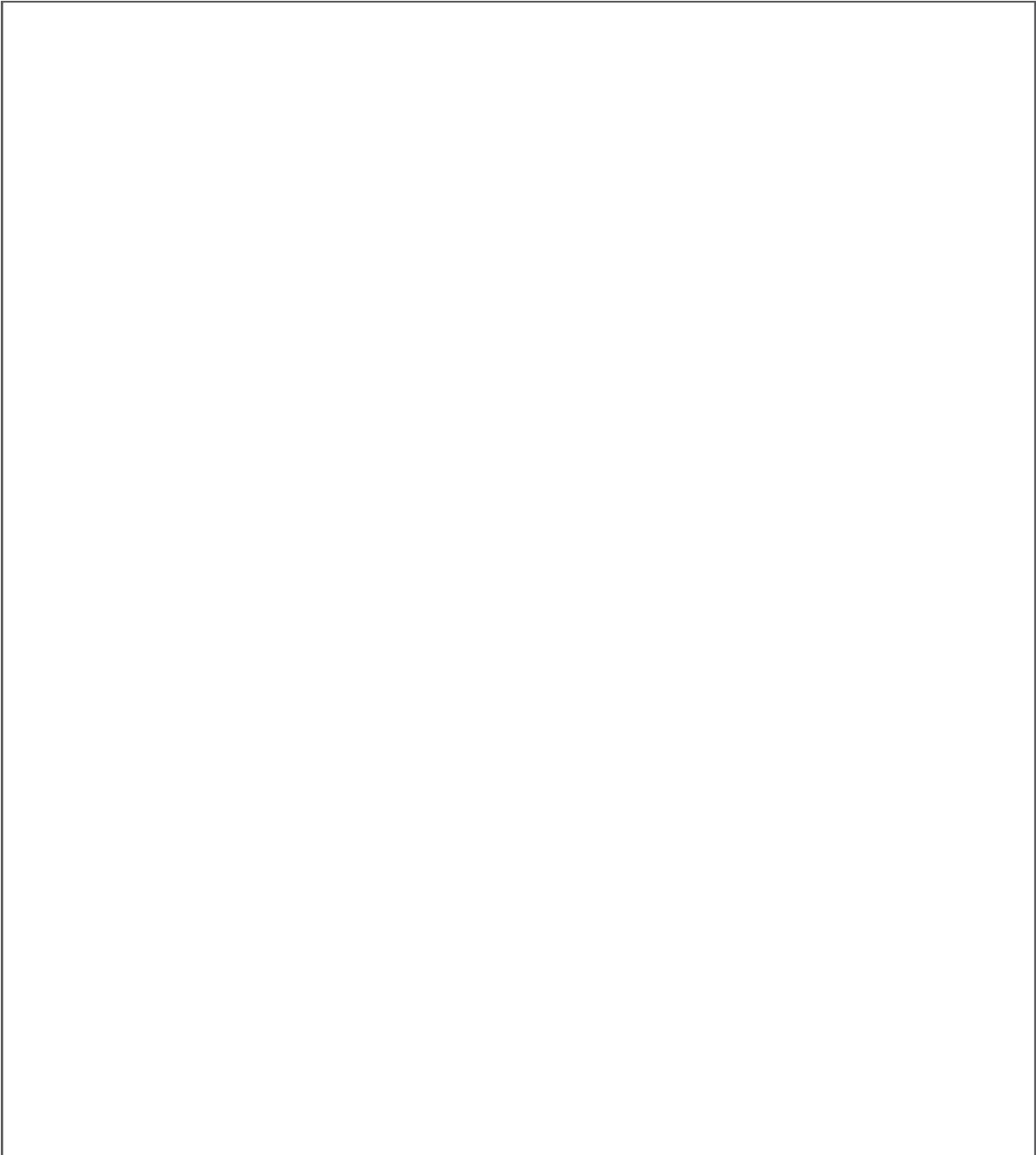
Play:

Your commitment to hobbies, exploration, travel and free time.

ACTIONS:

- **List the areas that you rated 6 and under**, then write down the desires you have to improve each of them. Think about the actions you need to take to be at a 10.

- **Is there one area above all others that you should make your priority and focus?**
What's important for you about that area? What are the three most important actions you could take to improve that area?



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