

# THE WHEEL OF LIFE EXERCISE

WHERE IS YOUR LIFE IN BALANCE  
AND WHERE COULD A LITTLE MORE  
ATTENTION SPARK CHANGE?

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ZS

ZOË SCHOFIELD  
*Coaching*

DO WHAT MAKES YOUR SOUL SHINE

# W E L C O M E

Hi There!

This wheel of life exercise raises awareness and allows you to plan a life that is more satisfying and closer to your own definition of success and balance. It will help you to focus on what matters most right now and to prioritise goals and areas of action.

It's important to regularly check-in with this exercise, it will help to assess progress, notice patterns, celebrate small wins and refocus attention.

You can also do this exercise with others (i.e. family members, life partners etc). Helping each other to see different perspectives, understand priority areas and help with accountability and support for action.

## Why it helps...

When we feel unfulfilled or unbalanced with our lives, it's easy to become overwhelmed, stuck and demotivated. Sometimes we don't know where to focus or start making changes and can easily avoid things that need our attention.

This practical exercise helps us to focus on one area of our life at a time, assess our current satisfaction and then use supportive and reflective questions to identify what action to take.

Zoe Schofield

## ABOUT ME

As a coach, facilitator and podcast co-host I love helping people to see the best in themselves and build a meaningful and thriving life...but I also love to find time for my art and design side-hustle (my other life). So I know what it's like to struggle spinning too many plates!



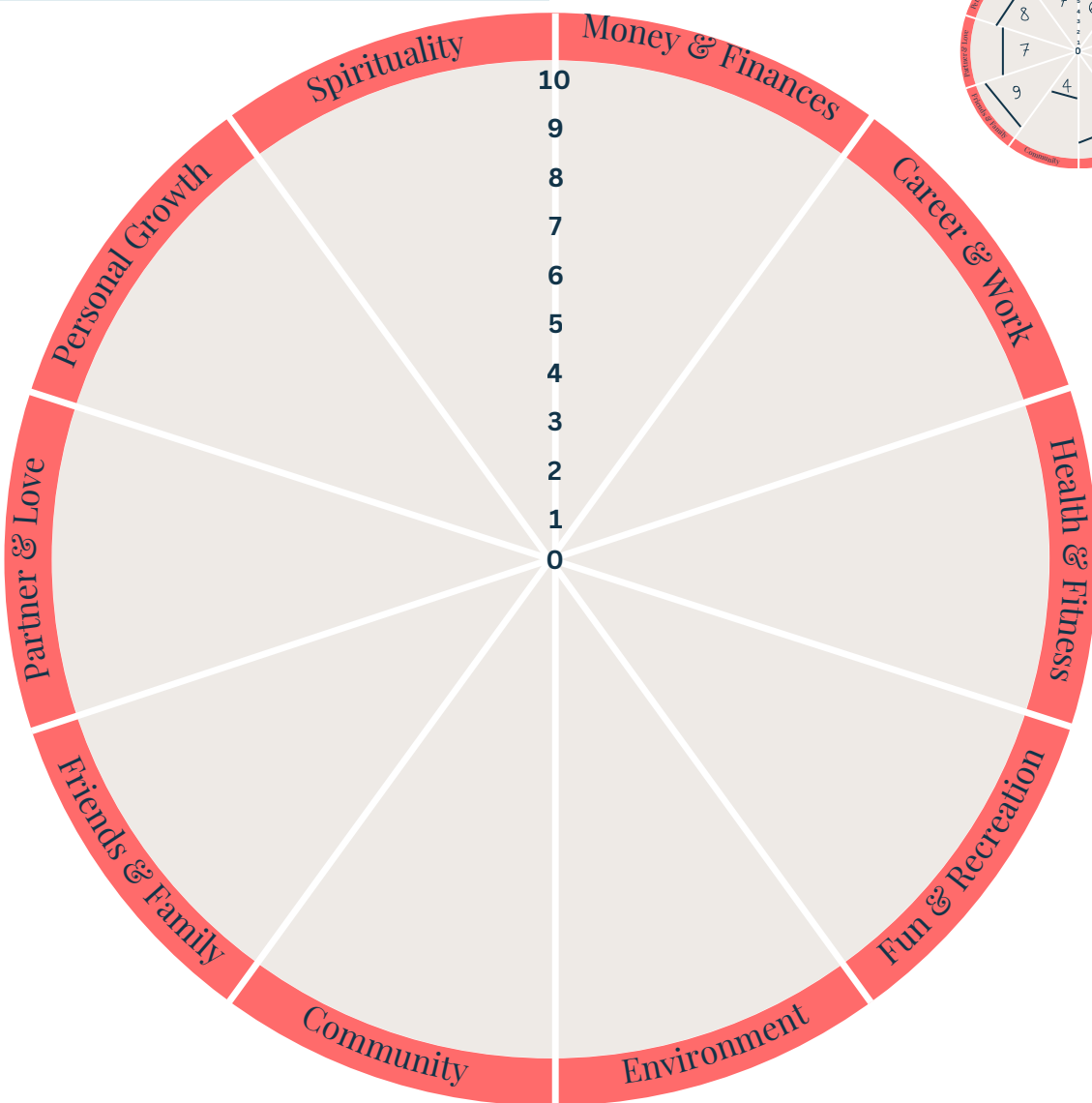
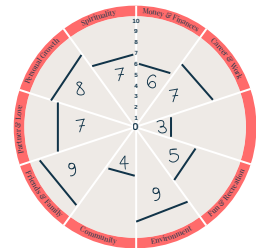
# HOW TO USE IT...

*Firstly, review the 10 wheel categories below one at a time and take a moment to think briefly about what satisfaction in this area of your life might look and feel like for you when you are at your best.*

Your Name:





Today's Date:

Example



# WHAT ACTION CAN YOU TAKE NEXT?

*Now let's dive a little deeper and think about where you are at right now with each wheel category...*

-  You can print out Page 2 of this workbook to write on, or draw your own wheel of life on a piece of paper. You could even just write lists with each segment as a heading. Whatever works best for you.
-  Imagine that the centre of the wheel is '0' (zero) and the outer edge is '10'.
-  Use a scale of between 1 (very dissatisfied) and 10 (fully satisfied)
-  Consider what score you would give each area in turn and draw a line across each segment and write in a number that represents your satisfaction score (see example on previous page for guidance).



**Use the first number that pops into your head, your gut reaction will often be a more truthful one. Try not to be swayed to put what you think it should be!**

If you feel there are categories missing that are important to your life or perhaps some categories need splitting, feel free to create your own wheel with the correct segments for you. For example;

- **Family & Friends** - you may want to split this into separate categories
- **Career & Work** - this could relate to other purposes, i.e. volunteering / business / parenting etc
- **Health & Fitness** - could be split into more categories, i.e. emotional / physical
- **Environment** - could be split to include home and work environments

Once you have done that and scored each area here are some questions to help your continued reflections.

# WHAT HAVE YOU DISCOVERED?

*Firstly, before you work through some of the following questions, just take a moment to look at your completed wheel of life. What do you notice?*

*Here are some further questions to help you deepen your insights on this exercise...*

**Q1** Are there any surprises for you? If so, what are they?

**Q2** How do you feel about your life as you look at your wheel?

**Q3** How do you currently spend time in these areas?

**Q4** How would you like to spend time in these areas?

**Q5** What would a score of '10' look and feel like for each?

**Q6** Which of these categories would you most like to improve and why?

# LET'S KEEP GOING

*You're doing brilliantly with your insights, let's keep going and see what else you can uncover...*

**Q7** What actions could you take to help increase the score in these priority areas?

**Q8** How could you make space for those changes in your life?

**Q9** What change could you make first?

**Q10** What change do you want to make first?

**Q11** What help and support might you need from others to make changes and be more satisfied with your life?

**Q12** How and when will you reach out for support?

# JUST A COUPLE MORE!

*Two more questions just to make sure we've gained as much insight as possible...*

**Q13** If there was one key action that you could take to begin to bring everything into balance more, what would it be?

**Q14** How committed are you in taking some action to improve your wheel of life?

## TAKING ACTION...

Now that you've taken time to think about the above questions, why not keep the momentum by moving into action. Here's a few ideas to help;

- 1** Identify one action for each area and then pick 1 - 3 actions to get started on. Decide what / when / how you will take those actions
- 2** Choose 3 priority areas you want to focus on and identify one action for each. Again be specific...What / When / How
- 3** If your time is limited today, decide on one small step you could take today to get started...perhaps the one you have most energy for right now!

You've actually already started taking action by completing your wheel of life, so just keep taking small steps of positive change. Remember to set a date for your next wheel of life review!

Scheduled Review Date:

DO WHAT MAKES YOUR SOUL SHINE



## WANT FURTHER SUPPORT TO EXPLORE AND MOVE INTO ACTION?

If this exercise has sparked a desire to dig deeper into this, or perhaps you just need more support to set some goals and begin to make changes...you don't have to figure it all out on your own.

I help multi-passionates, thoughtful people like you explore making changes, get unstuck and design careers and lives that feel rich with meaning, energy and joy.

**Book a free 30-minute coaching call**  
**Let's chat about what you discovered and what to do next.**  
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