

# EXERCISE - KNOW YOUR CURRENT REALITY

## Part 1

For each area of life detailed below, score your level of satisfaction with a mark out of 10, 0 being completely unsatisfied, 10 being perfect. No need to over think things – just make a note as to why you scored that area as you did.

So ask yourself – what’s the number that represents how I feel about my....?

These areas of your life should summarise all that is important to you, feel free to rename them. Please make the areas relevant to you today, but also areas of your life you imagine will remain important over time.

This exercise can be repeated. It is a great way to reflect on the balance in your life.

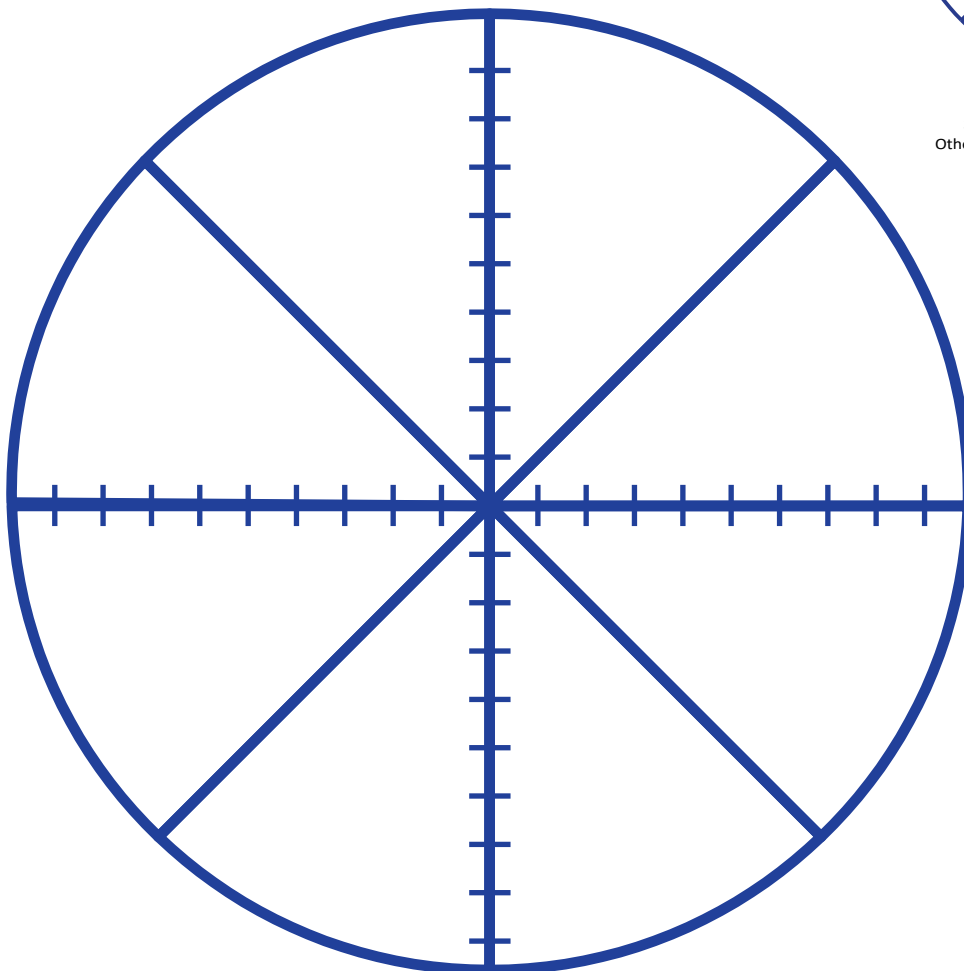
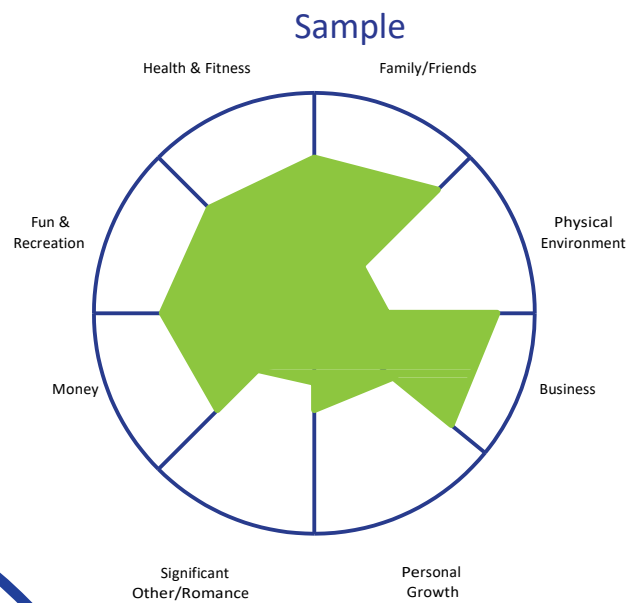
AREA OF LIFE	LEVEL OF SATISFACTION (0-10)	REASON FOR SCORE	WHAT WOULD NEED TO BE DIFFERENT FOR ONE SCORE HIGHER?
Career/Job			
Money			
Health/Fitness			
Relationships (Family/Friends)			
Relationships (Significant Other)			
Personal Growth			
Fun & Recreation			
Physical Environment (Location/Home)			

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## Part 2 - Wheel of Life

Now populate your findings onto the Wheel of Life diagram. Name each segment of the wheel as you chose in the previous part.

The centre of the wheel represents zero – the circumference 10. Rank your level of satisfaction with each life area by drawing a horizontal line between the segment borders to mark your assessment.



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## Part 3 - Questions

What does the diagram of the wheel suggest to you about your life?

Where have you concentrated your focus in recent times and how has it served you?

What has been compromised and suffered as a result of your focus?

How important are those areas to you? Explain why?

If you were to focus on improving the score in one area of the wheel, which one area would have the greatest positive overall effect on other areas?

What stopped you making these changes before?

In the area you'd like to improve in most, name 5 things that need to be different to achieve the improvements you desire.

- 1:
- 2:
- 3:
- 4:
- 5:

Prioritise the actions by ranking them: what will you do in the next week?

What will you do in the next month?

Who needs to be involved, or to support you, in this process?

What will change as a result of this exercise?