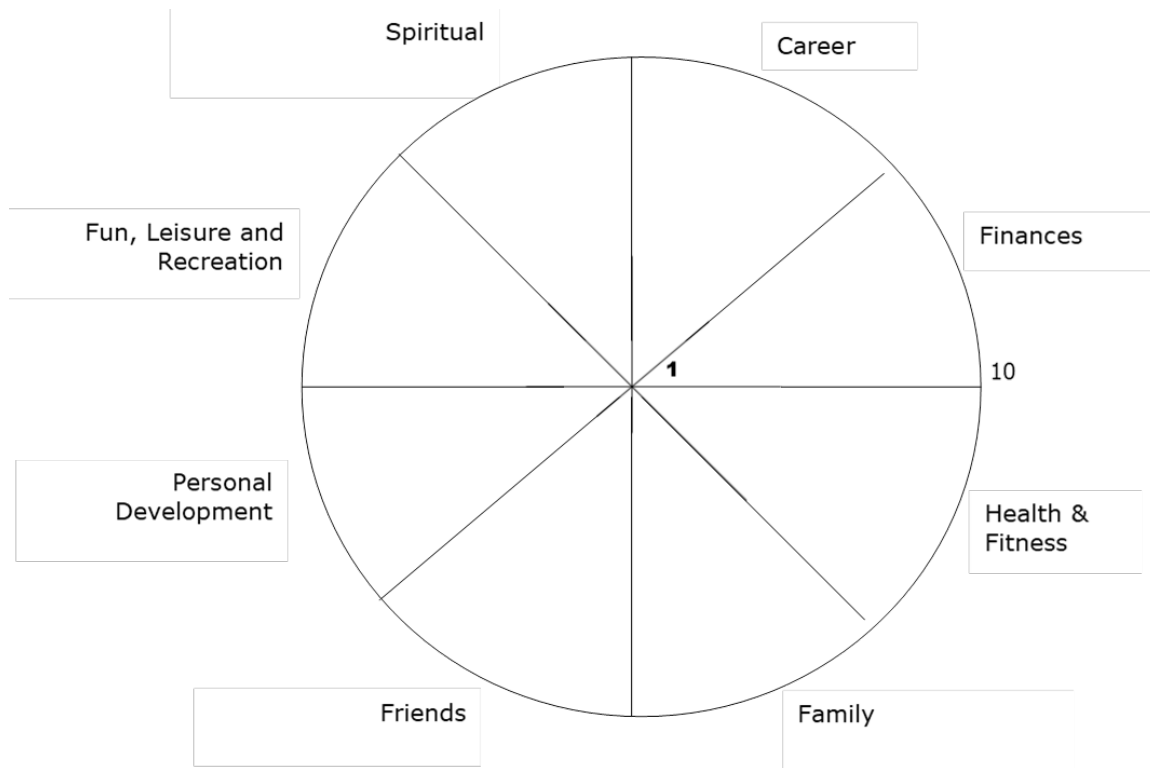


Wheel of Life Handout for Participants

NAME: _____

DATE: _____



Instructions:

1. Review the 8 areas on the Wheel of Life. The Wheel, when put together, creates a view of how you see your life in the moment. Feel free to make changes to the categories based on what is relevant to you (for instance, replace career with education, add categories that are important to you, e.g., significant other, self-care).
2. Rank your level of satisfaction with each area of your life by drawing a line across each segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied you are currently with these elements in your life.
3. The new perimeter of the circle represents your 'Wheel of Life', as you see your life at this moment.
4. Looking at the Wheel:
 - a. How do you feel about your life as you look at your Wheel?
 - b. Are there any surprises for you?
 - c. What areas are you happiest about in your life?
 - b. What areas did you rate yourself low in?
 - c. In what categories do you see your biggest gaps (between where you currently rated yourself versus where you would like to be)?
 - d. What 1-2 areas would you like to focus on that will bring you the biggest satisfaction in your life?
 - e. How can you make space for these changes? What help might you need from others?

The Wheel of Life



Self-coaching GROW Exercise

The GROW coaching model is so effective that you can even use it to coach yourself. Give the following activity a try. First, think about something you would really like to achieve or perhaps resolve at work. Then write down your answers to each of these questions:

GOAL

1. What would you like to work on?
2. What would you like to have after answering this set of questions (ie. a first step/strategy/solution)?
3. What is your goal related to this issue?
4. When are you going to achieve it?
5. What are the benefits for you in achieving this goal?
6. Who else will benefit and in what way?
7. What will it be like if you achieve your goal?
8. What will you see/hear/feel?

REALITY

9. What action have you taken so far?
10. What is moving you toward your goal?
11. What is getting in the way?

OPTIONS

12. What different kind of options do you have to achieve your goal?
13. What else could you do?
14. What are the principal advantages and disadvantages of each option?

WILL

15. Which options will you choose to act on?
16. When are you going to start each action?
17. How committed are you, on a scale of 1–10, to taking each of these actions?
18. If it is not a 10, what would make it a 10?
19. What will you commit to doing? (*Note: It is also an option to do nothing and review at a later date.*)

Homework: 3:15 Questions Session 4

As with your previous 3:15's, pick 3 people in your life who you trust to be on your personal development journey. Spend 15 minutes with each of them to reflect on the content from this session. If they are not the same people you've connected with before, feel free to give them a bit of background on this being a 6-session exploration on personal development and growth. If your three people are interested in continuing this journey with you, they can register for any of the remaining sessions at iicanada.org/events, as well as catch up on past sessions by visiting iicanada.org/videos.

The Wheel of Life - Complete your *Wheel of Life* if you haven't had a chance to do so. Ask yourself:

- What areas are you happiest about in your life? This is where you scored yourself 8 – 10.
- Where did you rate yourself reasonably satisfied? That would be scores from 5 – 7.
- What areas did you rate yourself low in? That would be scores of 0 to 4.
- Are there any surprises for you? Where are your biggest gaps in satisfaction levels?
- Based on this, what 1 – 2 areas would you like to focus on to enhance your satisfaction level?

GROW Model - for the 1 or 2 areas you have selected, use the *GROW* model (Goal, Reality, Options and Way Forward) to help you determine how to achieve your goal(s).

Get Feedback - share your *Wheel of Life*, what you would like to work on, and how you plan to achieve your goal(s) with your 3 people. Ask them for input and support to hold you accountable. Revise your wheel as appropriate.

Part 1: <https://iicanada.org/videos/health-wellness/re-ignite-your-purpose-conversations-munira-part-1-self-awareness>

Part 2: <https://iicanada.org/videos/health-wellness/re-ignite-your-purpose-conversations-munira-part-2-perception-how-you-see>

Part 3: <https://iicanada.org/videos/health-wellness/re-ignite-your-purpose-conversations-munira-part-3-change-and-resilience>