

What is the Wheel of Life, and What Does it Do?

The Wheel of Life is a visual tool, often in a printable worksheet or online format, used in coaching to help clients quickly understand how balanced or fulfilled their lives are at that moment. At the iACTcenter, we call the wheel a “snapshot” or “selfie” of where the client is at a particular moment.

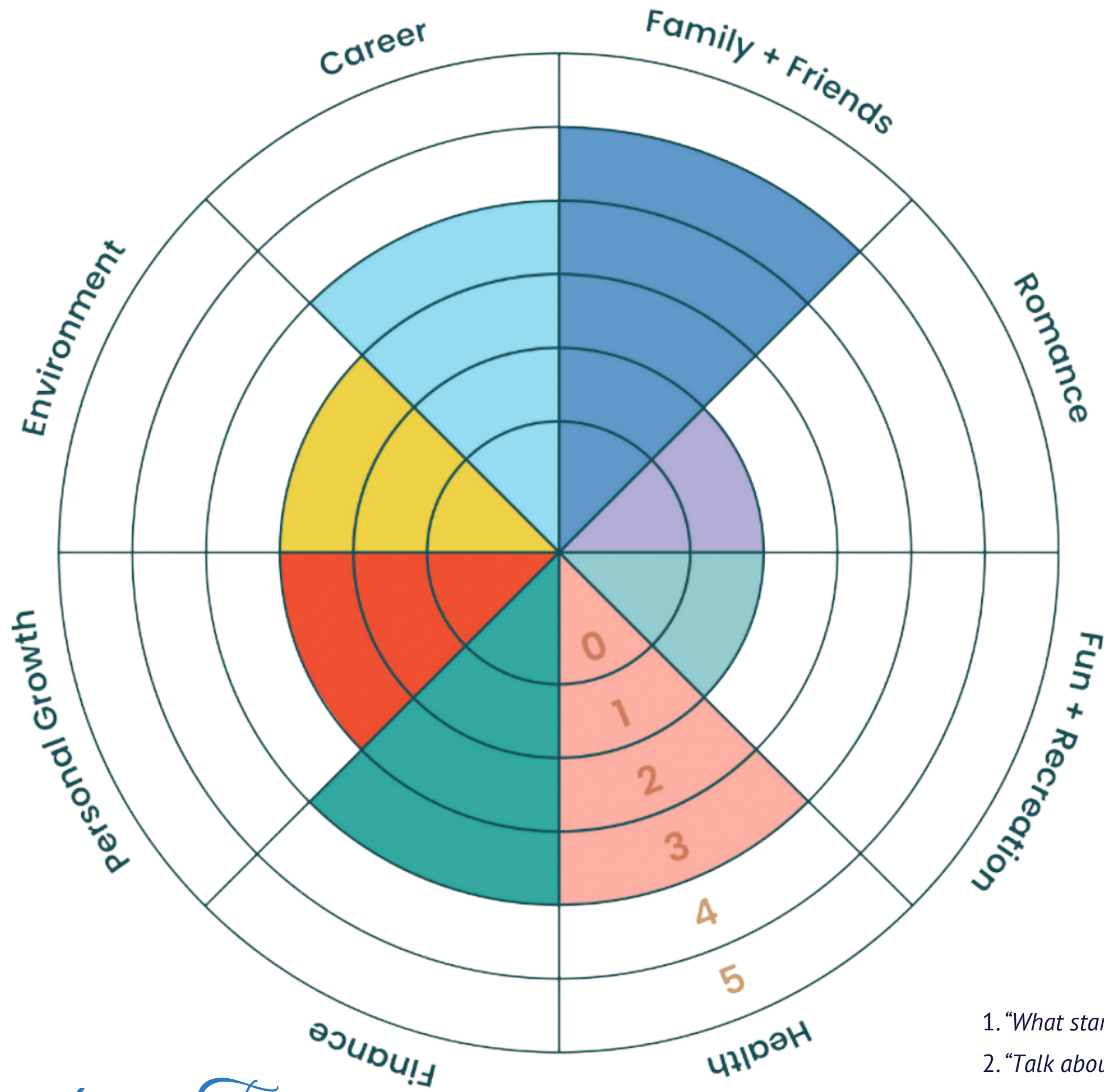
Wikipedia describes the Wheel of Life as “a coaching tool used in life and management coaching to assess coaching priorities”. But more than just an assessment, the life wheel helps clients become self-aware of balance, priorities, and dissatisfaction in their lives and, therefore, more motivated to make changes and create a fulfilling life. Increased awareness empowers and gives our clients more clarity on what they want to focus on in the coaching and the direction they want to take.

How to Use Life Wheels

1. Ask your client to review the eight categories on their Life Balance Wheel. If necessary, they can split or rename category segments to add something that is missing or make them more meaningful.
2. Ask your client to rank their level of satisfaction with each area of their life. This can be done by drawing a curved line across each segment, with the curve’s height indicating the level of satisfaction. A higher curve represents higher satisfaction. This visual representation will help them see their current state and identify areas for improvement.
- Guide your client to reflect on their 'Wheel of Life' and its potential 'bumps' . Ask them to look at their completed wheel and consider, 'If this was your Wheel of Life, would it be a bumpy ride?' This will prompt them to consider areas for improvement.
4. Coach your client about what they learned from their Coaching Wheel.
5. Identify at least one action your client can take to improve their score in one area of the wheel and thus improve their life balance.

There are unlimited ways you, as a coach, can use wheels as tools in your coachwork!

Life Wheels



Coaching Tip:

Have your client print out this exercise and fill it in with a writing tool rather than complete an online version. Holding a pen and being away from a screen will help clients have more accurate results.

Different STYLES of the Life Balance Wheel

- While there are many design variations, only two fundamental styles of the Life Balance Wheel exist plotted out in one of these two ways:
1. The "Pie" Style: The 'original' style of the coaching wheel looks like slices of a pie or pizza - and it involves drawing a line across each segment to rate each area.
 2. The "Spider Web" Style: The other essential style—often seen with online versions because it's easier for computers to draw—is the "Spider Web" style. Here, the scores are noted on the spokes for each category rather than across the segment, creating a spider web effect.

Exploration Questions

1. “What stands out to you as you look at how you ranked these different areas?”
2. “Talk about your two highest and your two lowest scores. What led you to give these answers?”
3. “Which area are you most motivated to work on?”
4. “Which area could we make the biggest difference with the least effort?”
5. “What led you to single out this area to work on?”
6. “What would a “ten” look like in that area?”
7. “What would it take to raise that “six” to an “eight”?” How about a 10?