

Create your personal wheel of life

Dear Potential Developers

To create your personal wheel of life you can either watch my explanatory video again, or use the following guide:

- 1. Step:** Print out the wheel of life below or draw your own wheel of life. As you can see, six areas are already given in the diagram below. If the terms below do not appeal to you, I provide you with a different combination here: Money, Friends, Health, Career, Love, Spirituality, Family, Leisure.



2. **Step:** Make your personal self-assessment and enter the value per area where you currently see yourself.
3. **Step:** In a second round, enter the values you would like to achieve.
4. **Step:** Now you can look at the differences between the status quo and your desired value and ask yourself, for example, the following questions for reflection:
 - a. Where can you find differences between the values and where are the two values practically identical?
 - b. In which areas do you want to make a change?
 - c. In what area might it be a question of dealing with the difference between the status quo value and the desired value?

If you need support in this process or have a specific concern that I can help you with, you are welcome to book an initial consultation with me:

<https://en.melanova-coaching.com/wheel-of-life>

Best wishes and have fun with your personal wheel of life!

Melanie



Source: Based on figure Coachingzentrum Olten.