**Wheel of Life**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

**The Wheel of Life is a great way of being able to review your life as a whole, identify what’s working and what isn’t and help you to make appropriate changes. Carrying out this exercise will allow you to plan and focus on what’s important.

What often isn’t understood, and should always be taken into account when reviewing your life and creating goals, is that your focus will change as you move through your life. You will go through different stages where different things will be important to you; you will evolve and you will evolve with different people, which is especially the case when for example, you become a parent.

In the book you will find a Wheel of Life with suggested areas contained within it. However, when carrying out this exercise it’s important that you include any areas of life that are important to you and divide the Wheel up into those segments. To assist, we have copied a blank Wheel of Life below for you to add in the areas that are important to you. That might be relationships, health, fitness, children, finances or something else entirely. What the segments are doesn’t matter too much, but they should align with what’s important to you.** 

**Once you have decided on the areas and added them to your Wheel, next score each of those areas from 0 to 10 according to how satisfied you are with each area of your life. 0 is in the centre and represents not at all satisfied. 10 is on the outside and represents completely satisfied. Do this scoring quickly. This isn’t about balancing all areas of your life equally by the way. We don’t believe that it’s possible to have 10 in every area of life at the same time, that’s called stress.**

**Once you have your scores, now write down what would make each area a 10. When you have done that, next score each area in order of importance to you right now, and write down an approximate percentage of your time that you are currently spending on each area.

This should make you very conscious of how you are currently spending your time and allow you to see if this is how you want it to be. It also gives you a starting point to change things. This exercise can be a life changer!**