

Activities R Us

Taking you from where you are right now to where you would like to be.

Activities R Us is a not for profit organisation based in Manchester, UK. Our mission is to inspire, motivate and develop people around the world to help improve their lifestyles. During these unprecedented times we would like you to take a moment to complete this exercise to help you understand your lifestyle. This will allow you to reflect on the important aspects of your life and identify any obstacles. With our help you can set SMART goals and create a plan how to achieve these goals to improve your life.

The Wheel of Life

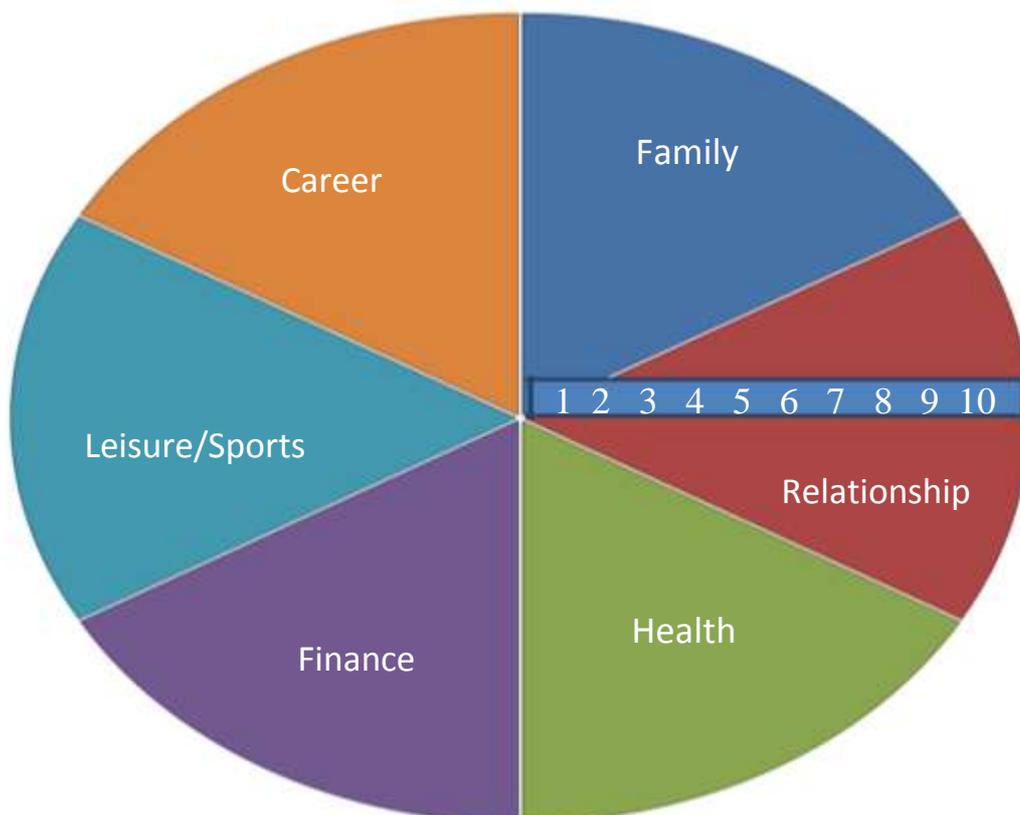
The wheel of life exercise is the most famous coaching tool used today and will help you look at all areas of your life and consider them each in turn, allowing you to see what is off balance? This exercise will also help you identify your goals.

This powerful tool will give you a visual representation of the way your life is now and ideally what it will be like in the future. You may make two wheels of life one dated 3 months ago and the other of today's date. To compare changes. Work on them one at a time.

Exercise

Draw a circle (as seen below) and to add several spokes to the wheel that represents all the important elements of their life (this techniques can be used on just one aspect of their life IE Career, Relationships, Health, etc) these can be both positive and negative.

Example



What to do:

1. On each spoke of the wheel, label it with an area of your life; **career, family, relationships, etc**
2. You can record anything on your spokes, we have added an example, but it is for you to record what you feel is important in your life. Often people record what they consider are their roles; **mother/father, team member, friend, leader or areas they would like to improve; education, job prospects, relationships**
3. If needed add extra spokes to the wheel, many people have between 6-12 spokes
4. Draw a line on each spoke and label this between 1 and 10 – this will be your scale
5. Take each spoke in turn and take a few seconds to think about this area of your life and on a scale between 1 and 10, with 1 being the lowest (worst) and 10 being the highest (best) **“how happy are you with this area of your life?” “what number would you scale this area of your life between 1 and 10?”**
6. Add your score to the spoke and ask yourself the questions below for each individual spoke; many people find it useful to record their answers on the wheel
7. **“Have you ever been higher than the number you have recorded?”**
8. **“What was different when you were higher up the scale?”**
9. **“What was actually happening when you were higher up the scale?”**
10. **“Have you ever been lower than the number you have recorded?”**
11. **“What did you do to move up the scale?”**
12. **“What have you learnt from previously being lower on the scale?”**
13. **“What number on the scale do you want to be?”**
14. **“What actions can you take to start moving up the scale?”**
15. **“If you moved up the scale, what will be happening to tell you that you have arrived at that number?”**
16. **“What would need to happen for you to move up one point on the scale by this time next week?”**
17. **“What might affect you moving up the scale?”**
18. **“What can you do to overcome this obstacle – how can you prepare?”**
19. Compare the two Wheels of Life from 3 months ago and one of today’s date, see what has changed and consider what you can to improve things.

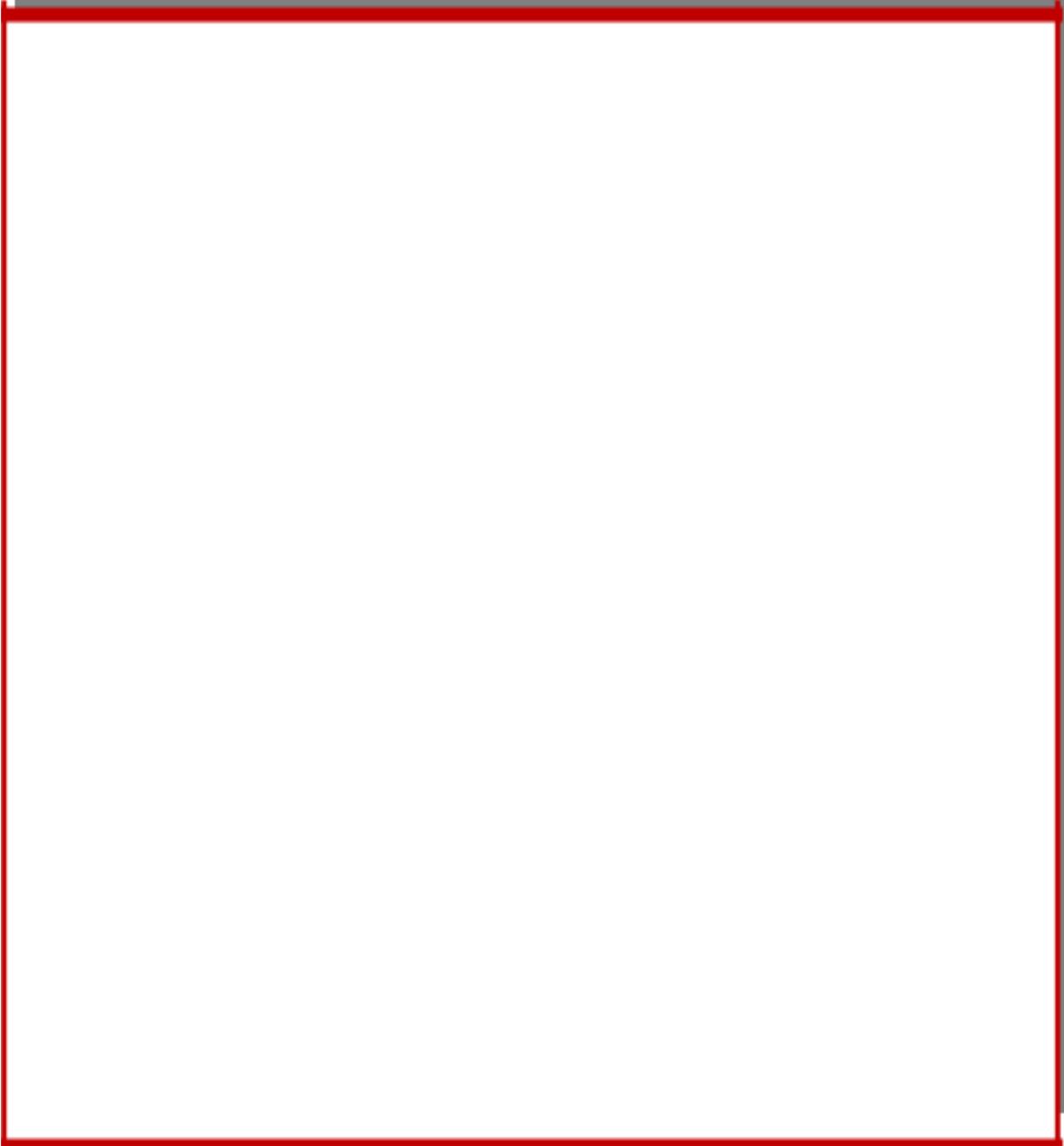
If you are concerned or need to discuss your findings with a coach you may contact our qualified coaches by sending you Wheel of Life and questions via email activitiesrusuk@gmail.com or telephone Coach Kay Baig +44(0) 7803005021.

MY GOAL

Discuss the results with one of our Coaches and then right down what your future goals are to help you improve your lifestyle according to the Wheel of Life.

Record your goals now:

My Goals:



Hope this was helpful and you have been able to reflect on your life.

You may contact Activities R Us to discuss your Wheel of Life results and request help on discussing your options. Email us for the next Coaching Tool on how to set SMART GOALS.

Contact:
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www.activitiesrus.org